



Standard Wilderness First Aid (26 hours)

Day 1

Course Introduction
Medical/Legal Considerations
General Concepts in Patient Care
Body Defenses
Basic Pharmacology
Introduction to Trauma
Critical System Problems
Introduction to the Patient
Assessment System
Basic Life Support Lab
BLS Simulations & Lightning
Injuries
Demo & assign cut T-shirt rolls
Case Study Homework
± Evening Session*
Adult & Child CPR ± AED Skills Lab

Day 2

Patient Assessment, Evaluation &
SOAP Documentation
Traumatic Simulation
Stable & Unstable Extremity
Injuries
Basic Extremity Splinting Lab
Wound Cleaning Lab
Focused Spine Assessment
Traumatic Simulations
Case Study Homework

Day 3

Case Study Homework Review
Hydration
Sun Exposure
Heat Exhaustion
Heat Stroke
Hyponatremia
Exertional Rhabdomyolysis
Hypothermia
Drowning
Allergies & Toxins
Anaphylaxis
Injection Lab & Allergies & Toxins
Worksheet
Traumatic Simulations
Assessing Medical Problems
Medical Simulations or Case
Studies
Mental Health Emergencies
Course Debrief & Closing
Clean-up

* Wilderness Adult & Child CPR ± AED certification are optional evening modules that require additional course time:

- Wilderness Adult & Child CPR Certification [+2 hrs]
- Wilderness Adult & Child CPR and AED Certification [+3 hrs]

Standard WFA Course Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam including Adult CPR, rescue breathing, and obstructed airway. Depending on the sponsor, this course may include independent CPR certification.
- Wound Cleaning Lab: Pig feet are used for training realistic wound cleaning.
- Basic Extremity Splinting Lab: Padded aluminum splints and expedition supplies are used to improvise effective extremity splints using the buddy and cast splint concepts. Bring a cut T-shirt roll and a pair of heavy hiking socks; the socks will not be cut.
- Injection Lab: Students learn how to deliver intramuscular and subcutaneous injections using a pre-filled syringe [containing normal saline] and autoinjector trainers.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Improvised Hypothermia Packaging Lab: Sleeping bags, pads, tarps or plastic sheeting are used to improvise a hypothermia package.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cuttable simulation clothing is required.

This course exceeds the [Wilderness Medicine Education Collaborative's](#) minimum standards for Wilderness First Aid certification. An additional twelve hours of instruction includes the topics and skills below and more simulation time.

Topics:

- Exertional Rhabdomyolysis
- Mental Health Emergencies

Skills:

- Wound cleaning
- Focused Spine Assessment
- The administration of epinephrine via a pre-filled syringe
- Adult & Child Wilderness CPR
- ± Adult & Child Wilderness CPR and AED certification*

At WMTC, we believe these additional topics, skills, and simulations are essential for a WFA graduate.