



## Standard Wilderness First Responder (80 hours)

### Day 1

- Course Introduction
- Medical/Legal Considerations
- General Concepts in Patient Care
- Body Defenses
- Basic Pharmacology
- Introduction to the Patient Assessment System
- Basic Life Support Lab & Simulations
- Wilderness Adult & Child CPR & AED Skills Lab
- Case Study Homework

### Day 2

- Introduction to Trauma
- Concussion & Increased ICP
- Respiratory Distress
- Volume Shock
- Stable & Unstable Extremity Injuries
- Patient Assessment & Evaluation
- SOAP Documentation
- Traumatic Video Simulations
- Case Study Homework
- Demo & assign cut T-shirt rolls

### Day 3

- Case Study Homework Review
- Basic Extremities Splinting Lab
- Wounds Lecture
- Wounds Lab
- Focused Spine Assessment
- Traumatic Video Simulations
- Case Study Homework

### Day 4

- Case Study Homework Review
- Dehydration
- Sunburn Exposure
- Heat Exhaustion, Heat Stroke, & Hyponatremia
- Exertional Rhabdomyolysis
- Minor Heat Injuries
- Hypothermia
- Drowning
- Cold Injuries
- Spine Management Lab

### Day 5

- Case Study Homework Review
- Wilderness Bites & Stings
- Allergies & Toxins
- Anaphylaxis
- Injection Lab & Allergies & Toxins Worksheet
- Traumatic Video Simulations
- Case Study Homework

### Day 6

- Case Study Homework Review
- Lightning Injuries
- Acute Mountain Sickness
- Dislocations Lab
- Traumatic Video Simulations
- Case Study Homework

### Day 7

- Case Study Homework Review
- Asthma
- Diabetes: Hypoglycemia & Hyperglycemia
- Heart Attack, Angina, & Stroke
- Ears, Eyes, Nose, Throat, & Teeth Case Studies
- Advanced Extremities Splinting Lab
- Improvised Pelvic Binder
- Improvised Litters and Carries
- Case Study Homework

### Day 8

- Traumatic Video Simulations
- Assessing Medical Problems
- Medical Simulations
- Mental Health Assessment

### Day 9

- Mass Casualty Video Simulation
- Litter Carries & Passes
- Final Written WFR & WCPR Exams & Review
- Medical Equipment & First Aid Kits
- Course Debrief & Closing
- Clean-up

## Standard WFR Course Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam.
- Adult & Child CPR and AED Certification Skills Lab: Adult & Child CPR, AED, and Obstructed Airway skills are refined using mannikins.
- Wound Cleaning Lab: Pig feet are used for training realistic wound cleaning, removal of impaled objects [including fish hooks].
- Basic & Advanced Extremity Splinting Labs: Padded aluminum splints and expedition supplies are used to improvise effective extremity splints using the buddy, cast, jelly roll, sandwich 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.
- Improvised Pelvic Binder: Common expedition equipment is used to improvise an effective pelvic binder.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Spine Management Lab: Lifting, moving, and packaging potentially spine-injured patients lying on their back and side in a commercial or improvised litter and improvised stretcher.
- Improvised Rope Litter Lab: A daisy chain rope litter is demonstrated and practiced.
- Dislocations Lab: Relocation techniques for indirect anterior shoulder, lateral patella, and digits are demonstrated and practiced. Jaw reduction and passive anterior shoulder reduction techniques are demonstrated.
- Improvised Hypothermia Packaging Lab: Sleeping bags, pads, tarps or plastic sheeting, and water bags/bottles 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 Responder certification. An additional ten hours of instruction includes the topics and skills below and more simulation time.

### Topics:

- SCUBA Diving Injuries
- Marine Toxins/Envenomations
- Behavioral/Mental Health Emergencies

### Skills:

- Wound cleaning
- Improvised Litters or Stretchers
- Reduction of jaw dislocations
- The administration of epinephrine via a pre-filled syringe

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