



## 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 & Infant CPR ± AED certification are optional modules that require 1-2 hours of additional course time. If these modules are a part of your course, you must attend.

## 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.