



Standard Wilderness First Aid (24-26 hrs)

Day 1: 8 am-5:30/6:00 pm (8-9 hrs)

- Opening & Course Paperwork
- General Concepts in Patient Care
- Body Defenses
- Introduction to Trauma
- Critical System Problems
- Stable & Unstable Extremity Injuries
- Basic Life Support Lab & Simulations
- Demo and assign cut T-shirt rolls
- Case Study Homework

Day 2: 8 am-5:30/6:00 pm (8-9 hrs)

- 3rd Triangle Skills Lab & SOAP Evaluation Process
- Traumatic Simulation
- Basic Extremities Splinting Lab
- Wound Cleaning Lab
- Focused Spine Assessment
- Traumatic Simulations
- Case Study Homework

Day 3: 8 am-5 pm (8 hrs)

- Case Study Homework Review
- Dehydration
- Sun Exposure
- Heat Exhaustion, Heat Stroke, & Hyponatremia
- Hypothermia
- Drowning
- Allergies & Toxins
- Anaphylaxis
- Injection Lab
- Allergies, Anaphylaxis, & Bites & Stings Worksheet
- Assessing Medical Problems
- Medical Simulations and/or Case Studies
- Course Debrief & Closing

General Course Information

Wilderness Medicine Training Center International's Wilderness First Aid course exceeds the minimum WFA Scope of Practice guidelines established by the Wilderness Medicine Education Collaborative. When you have successfully completed WMTC's standard WFA course, you will receive a WMTC WFA certification card; the card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. You will also receive an Epinephrine certification card confirming that you have been taught how to treat anaphylaxis with injectable epinephrine; some states require an epinephrine certification to permit you to carry and use epinephrine for the emergency treatment of anaphylaxis. It is your responsibility to stay current with both your understanding and practice. To recertify, you must take the course again. You must recertify before your certification expires; there is no grace period.

You may use this course to recertify a current Wilderness Advanced First Aid, Wilderness First Responder, or Wilderness EMT certification if you successfully complete our online WAFA or WFR & WEMT Recertification test within two months of the end of your WFA. Login information and directions will be sent to you via email prior to or upon completion of your course. *If you do not receive the login information for your online exams within a week of completing the WFA course, please contact our office.* In order to recertify your WEMT and remain certified as a WEMT, you must have a current NREMT certification or state EMT license.

Course tuition includes instruction, our water-proof, tear-resistant field manual *the Wilderness Medicine Handbook*, and our Patient SOAP notes. If you are using the course to recertify your WAFA, WFR, or WEMT certification, your tuition also includes access to your WAFA or WFR & WEMT Recertification online exams. If you haven't already done so, please download and read a copy of our student handbook.

Standard WFA Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cutable simulation clothing is required. Basic adult CPR instruction is included; however, CPR certification is not part of this course.
- Basic Extremity Splinting Lab: Padded aluminum splints are used to improvise extremity splints. Bring a cut T-shirt roll and a pair of heavy hiking socks; socks will not be cut.
- Wound Cleaning Lab: Pig's feet are used for training realistic wound cleaning.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Injection Lab: Hands-on instruction in injectable epinephrine required for the treatment of anaphylaxis.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cutable simulation clothing is required.