



Wilderness Basic Life Support

Daily Syllabus (8-9 hours)

- Opening
- Med/Legal Considerations
- General Concepts in Patient Care & BLS Assessment & Treatment
 - Severe bleeding
 - Blocked airway
 - Respiratory or cardiac arrest
 - Depressed level of consciousness
 - Spinal cord protection
- Basic Life Support Lab
- Patient documentation
- Basic Life Support Simulations

Lunch

- History, Physical Exam, Evaluation, & Evacuation
- Assessing Extremity injuries
- Basic Extremity Splinting Lab
 - Unstable & stable wrist splint
 - T-shirt buddy splint
 - Unstable ankle splint
 - Unstable & stable knee splints
 - Stable ankle splint
- Full Simulations
- Closing

± Evening Session (1-2 hours)

- Adult & child CPR Certification Lab
- Adult & child AED Certification Lab

Wilderness Basic Life Support Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene and Primary Surveys. Cuttable simulation clothing is required. Basic adult and child CPR training is part of this course; however, you must attend the evening session to receive CPR or AED certification.
- Basic Life Support Simulations: Role plays incorporating patient assessment & BLS documentation. Make-up is used to increase the reality of traumatic simulations and cuttable simulation clothing is required.
- Basic Extremity Splinting Lab: Padded aluminum splints are used to improvise extremity splints. Bring two cut T-shirt rolls [go here to watch a demo video] and a pair of heavy hiking socks; the socks will not be cut.
- Improvised Carries demonstration: Instructor demonstration of simple improvies carries.
- Full Simulations: Advanced role plays that include BLS assessment & treatment plus history, physical exam, and patient documentation. Make-up is used to increase the reality of traumatic simulations and cuttable simulation clothing is required.

General Course Information

This course meets the Occupational and Safety Health Association (OSHA) and may meet your state's or organization's minimum CPR and first aid requirements for coaches or guides [check with your state or organization]. The skills and techniques taught during the course are based on practice guidelines established by the Wilderness Medical Society and the American Heart Association. When you have successfully completed the course, you will receive a completion card and WMTIC certification in adult/child CPR & AED if you have completed the appropriate evening skills session.

Although short, this course is rigorous, and requires your full participation. You may find it mentally, physically, and emotionally demanding. You should be comfortable reading technical information, be able to write clearly, be able to communicate easily with other people, and you should be physically capable of lifting and carrying a minimum of 50 pounds without injury. During simulations, skill labs, and demonstrations you will be acting as a patient and as a rescuer; this requires you to touch and be touched by others during a patient exam and subsequent treatment. To protect your personal space women *must* wear a full bathing suit or combination jog bra and shorts under your clothing for all simulations and skill labs; they will NOT be cut; Men *must* wear shorts or bathing trunks. During your participation in any Wilderness Medicine Training Center course, you are responsible for your emotional and physical safety at all times. You must be present for the entire course to receive a completion card. Authorization to carry and use epinephrine will require additional training and need to come from a licensed physician, physician assistant, or nurse practitioner acting in the capacity of a medical advisor for your organization.

You will be spending much of the day outside and will likely get dirty during the skills sessions and simulations. Bring clothing appropriate to the weather. It should be tough and old enough to withstand a beating. You will need a notebook, pen, pencil, backpack, water bottle, a pair of heavy hiking socks, and one set of old clothing that may be cut [a long-sleeved shirt, a pair of long pants, and two T-shirts]. Cuttable clothing is required for traumatic simulations and practice. Consider bringing colored pencils or pens for note taking.

Course tuition includes instruction and WMTC Basic Patient notes. Class begins at 8 AM each morning and typically breaks for lunch from between 12-1; the afternoon session ends between 5-6 PM; and the evening session begins after a short dinner break.

During registration, you must sign an *Agreement of Responsibility* [our release form] as it acknowledges your understanding of the above information; if you choose not to sign the agreement, you will not be able to register for, or participate in, the course.