



WILDERNESS MEDICAL ASSOCIATES®

WILDERNESS FIRST AID (16 HOURS)

COURSE FACT SHEET

WILDERNESS MEDICINE: Differs significantly from standard Red Cross courses and other programs that are oriented towards the urban environment. In this course you will learn to deal with medical emergencies when help is miles away and dialing 911 is not an option. We will prepare you for emergency situations that involve prolonged patient care, severe environments, and improvised equipment. This course is a great introduction to wilderness medicine.

PREREQUISITES: Students must be at least 16 years old to participate in this course. 16 and 17 year olds must provide written proof of parental consent.

CERTIFICATIONS AVAILABLE: All students who successfully complete the WFA course will receive a WFA certification card, an Anaphylaxis certification card and an Adult CPR certification card from Wilderness Medical Associates. These certifications remain valid for three years.

CREDENTIALS: Wilderness Medical Associates' courses are widely considered the most complete medical training for outdoor professionals. Our courses are preferred by such organizations as Outward Bound, The National Park Service, The Chesapeake Bay Foundation, many colleges and universities, and the FBI. As *Canoe Magazine* stated, "Wilderness Medical Associates has become the de facto standard in wilderness medical training."

CLASS FORMAT: The Wilderness First Aid is available in two, 16 hour options.

OPTION 1: Represents what Wilderness Medical Associates believes to be a solid standard curriculum. It includes specific training and certification in single rescuer CPR and Anaphylaxis management. There is no flexibility in the topics covered on the course.

OPTION 2: For those sponsors who desire flexibility in the curriculum. This option includes 8 hours of "core curriculum" and 8 hours of elective topics that can be tailored to the audience. CPR and Anaphylaxis management **are not included** in this second option.

CONTENT: Topics may include patient assessment, body systems, equipment improvisation, trauma, environmental medicine, toxins, backcountry medicine, and wilderness rescue

TEXTS: The cost of the course **includes** handouts, SOAP Notes, and the *Wilderness Medical Associates' WFA Foldout Field Guide*. Our textbook, *Wilderness and Rescue Medicine*, is optional and is available for an additional cost.

BRING: Appropriate clothing for the location and time of year. Remember that, rain or shine, much of our time is spent outside. You will also need pens and a notebook.

GRADES: Are based on attendance (100% attendance is required), course participation, performance on both written and practical quizzes. To pass, students must have a cumulative average of 80% or better.

Not everyone passes this course!

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SAMPLE COURSE SYLLABUS

WILDERNESS FIRST AID

(16 Hours, 2 Days)

DAY 1
8.0 hours

AM Registration
Introduction
Patient Assessment System
CPR

PM Circulatory System
Nervous System
Respiratory System
Fractures, Stable Injuries, Dislocations
Splints 1 - Extremities
Electives

DAY 2
8.0 hours

AM Hypothermia
Hyperthermia and Heat Illness
Near Drowning
Frostbite and Cold Injury
Lightning and Electrical Injuries
Wounds and Burns

PM Anaphylaxis
Lifting, Moving, Extrication and
Patient Carries
Backcountry Medicine

16 HOURS

Graduates of WFA courses sponsored by Wilderness Medical Associates' are eligible for a \$30.00 rebate when they attend a full length Wilderness First Responder or Wilderness EMT course within one year of their original course.

In the US:

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