

WFA WILDERNESS FIRST AID (16 HOURS)

DAY 1

Introductions / Wilderness First Aid

Basic Life Support Skills

Patient Assessment System (PAS) /Scene Survey

PAS/Primary Survey

Specific exploration of the Circulatory System

Hands-on practice for checking for a pulse,
controlling bleeding

Specific exploration of the Respiratory System

Hands-on practice establishing an airway/airway
management

Specific exploration of the Nervous System

Evaluating Level of Consciousness and Maintaining
Spine Stability

Basic Life Support Lab / AEDs / CPR testing

S.T.O.P

Introduction to Trauma

Trauma Scenarios (Nervous System injuries/
Increased ICP, Concussion, Head wounds,
Respiratory injuries/ Respiratory distress,
Circulatory Injuries/ Volume Shock)

Night Scenarios and continued training

DAY 2

Trauma continued...

Spine Assessment / Management Lab/ Moving
spine-injured patients, back-boarding, litters

Patient Assessment System (PAS) Part 2 (S.O.AP
Note)

Stable and Unstable Musculoskeletal Injuries (1:1
Splinting Lab)

Wounds Lab/ Includes irrigation, punctured objects
and fish hook removal

Environmental & Medical

Mini-Medical Scenarios (Gastrointestinal problems,
Genitourinary System, Diabetes, Asthma, Heart
problems, Stroke)

Environmental Mini Scenarios (Hypothermia, Heat
Problems, Drowning, Toxins, Bites, and Stings)

Cold injuries

Wounds, Infections and Burns

Altitude

Anaphylaxis/Allergies

Lightning Drill

First Aid kits
