



## Wilderness First Aid

<b>Day 1 - Topics</b>	<b>Time</b>
Introduction to Wilderness First Aid	20
Functional Anatomy for WFA	30
Patient Assessment: Initial	45
Patient Assessment: Focused	90
Scenario (Full Patient Assessment Review)	20
Injuries to the Brain and Spine	30
Spin Stable Rolling and BEAM	30
Bone and Joint injuries	30
Splinting Demo and Practice Session	60
Chest Injuries and Respiratory Distress	30
Shock	30
Scenario	60
<b>Total Time</b>	<b>475</b>

<b>Day 2 - Topics</b>	<b>Time</b>
Review Session	20
Submersion Injuries	20
Altitude	30
Wounds, wound cleaning, and infection	60
Bites and Stings	30
Injuries to Ears, Nose, and Teeth	20
Allergies and Anaphylaxis	45
Hypothermia and Cold Injuries	45
Heat Injuries	45
Lightning	30
Abdominal Problems	30
Wilderness First Aid Kits	20
Final Scenario	90
<b>Total Time</b>	<b>485</b>