

# Advanced Wilderness & Remote First Aid

Comprehensive first aid and CPR techniques for those who need a higher level of training to work and respond to emergencies in isolated or wilderness settings. Training is also suitable for those who act as guides or supervisors for groups of people. The course covers material in Standard First Aid & CPR, plus advanced strategies for providing extended care for more than 24 hours. Part of the course is taught in an outdoor setting and requires greater physical activity and endurance than typical first aid training.



<b>Duration</b>	40 hours (more than 25% of course taught in non-urban setting, if possible 50%)
<b>Instructor</b>	Red Cross Advanced Wilderness & Remote First Aid Instructor or Wilderness & Remote First Aid Instructor Trainer
<b>Completion Requirements</b>	100% attendance, skills demonstration, and 75% min. passing grade on written exam
<b>Certification</b>	3-year certification in Advanced Wilderness & Remote First Aid, CPR Level C, and AED
<b>Recertification</b>	16–20 hours; includes CPR Level C
<b>Course Content</b>	<ul style="list-style-type: none"><li>&gt; Planning</li><li>&gt; Your health</li><li>&gt; Assessment</li><li>&gt; Airway emergencies</li><li>&gt; Breathing and circulation emergencies</li><li>&gt; Cardiac and respiratory arrest (includes CPR-C)</li><li>&gt; Wound care</li><li>&gt; Head and spine injuries</li><li>&gt; Bone, muscle and joint injuries</li><li>&gt; Sudden medical emergencies</li><li>&gt; Environmental emergencies</li><li>&gt; Poisons</li><li>&gt; Extended care</li><li>&gt; Evacuation: transporting the ill or injured person</li></ul> <p><i>Includes any other content required by specific legislation</i></p>
<b>Take-Home Materials</b>	Red Cross Wilderness & Remote First Aid Field Guide Certification card and optional wall certificate (or as required by legislation)



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