

CONTENT OUTLINE FOR ADVANCED WILDERNESS AND REMOTE FIRST AID

The following tables outline the topics and sub topics that will be addressed in each of the modules. *Please note that each module is outlined as an integral portion of a complete course.*

MODULE: DAY 1: COURSE BASICS	
Module Goal	To provide learners with an understanding of the reasoning's for an advanced wilderness first aid course, and to become proficient in using this skill.
Objectives	<p>Learners will be able to:</p> <ul style="list-style-type: none"> • Understand the difference between Wilderness first aid and Urban first aid • Understand all the legal components of leadership as it applies to first aid • Learn about how to prepare and plan for a remote program or trip • Understand the importance of their own health as a leader • Learn how to manage their own health in a remote setting • Understand how to plan for, react to and take action in an emergency situation
Topics and Sub-Topics	<ul style="list-style-type: none"> • Introduction <ul style="list-style-type: none"> • Canadian Red Cross • Why this course was developed • Urban First Aid vs Wilderness First Aid • Preparation and Planning <ul style="list-style-type: none"> • Preparing for and preventing emergencies • Understanding components of a pre-trip plan • Assessing skills and assets of group members and other guides • Documentation of planning and emergencies • Legalities of dealing with a death in a wilderness situation • Leadership duties, qualities and responsibilities • Your Health <ul style="list-style-type: none"> • Water decontamination • Basic hygiene especially in the wilderness • Infectious disease spreading and prevention • Preventing infection • Using barrier devices • Sleep and other aspects of a leaders health for self and group • P.L.A.N. <ul style="list-style-type: none"> • Scene surveys • Triage • Basic life support – checking and clearing • Moving ill or injured people • Signs & symptoms and treatment for shock • Secondary survey • Head to Toe check • Recovery position

	<ul style="list-style-type: none"> • How to make a plan • Communication methods for accessing help • When to contact outside emergency help • Identifying who will be coming to help • What information to give to rescuers before they come • Responding to multiple casualty incidents
Activities	TBD
Time	Time estimate: 8:00
Equipment	Manuals, guide log books, outdoor pens, Note Books

MODULE: DAY 2: EMERGENCY CARE

Module Goal	To provide learners with an ability to perform life saving skills at a basic and advanced level
Objectives	<p>Learners will be able to:</p> <ul style="list-style-type: none"> • Understand emergencies • Understand different types of emergencies • How to respond to an emergency • How to manage basic wound care • Prevention
Topics and Sub-Topics	<ul style="list-style-type: none"> • Airway Emergencies <ul style="list-style-type: none"> • Different Airway Emergencies • Identifying signs and symptoms of choking • First aid for mild and severe choking – adult, child & infant • First aid for unconscious choking – adult, child & infant • First aid for choking people who are large, pregnant or unable to stand • Making appropriate decisions during a choking emergency • How to determine a plan for an airway emergency • Breathing Emergencies <ul style="list-style-type: none"> • Respiratory distress • Respiratory arrest • Hyperventilation • Asthma • Allergies • Anaphylaxis • Smoke Inhalation • Pneumonia • Using and inhaler • Using an epinephrine auto-injector • Determining a plan for a breathing emergency • Circulation Emergencies <ul style="list-style-type: none"> • Preventing circulation emergencies • Identifying risk factors

	<ul style="list-style-type: none"> • Heart attack • Angina • Cardiac arrest • AED – wilderness and urban • Stroke • TIA • Deadly bleeding – internal • Deadly bleeding – external • Tourniquets • Pressure points • Determining a plan for circulation emergencies • First Aid for Respiratory and Cardiac Arrest • Water decontamination • Basic hygiene especially in the wilderness • Infectious disease spreading and prevention • Preventing infection • Using barrier devices • Sleep and other aspects of a leaders health for self and group
Activities	Various scenarios
Time	Time estimate: 8:00
Equipment	

MODULE: DAY 3: EMERGENCY CARE	
Module Goal	To provide learners with an ability to perform first aid skills at an advanced level
Objectives	<p>Learners will be able to:</p> <ul style="list-style-type: none"> • Understand head and spine injuries • Understand bone, muscle and joint injuries • Learn how to respond to and manage for head and spine injuries • Learn how to respond to and manage bone, muscle and joint injuries • Implement Evacuation procedures • Learn how to manage wound care • Understand Prevention
Topics and Sub-Topics	<ul style="list-style-type: none"> • Head and Spine Injuries <ul style="list-style-type: none"> • Signs and symptoms of head and spine injuries • First aid for head and spine injuries • Improvising and applying a collar • How to move an injured person • Identifying when to remove a helmet • How to remove a full face helmet • Discontinuing spinal precautions • Jaw thrust • Determining a plan for head and spine injuries • Bone, Muscle and Joint Injuries

	<ul style="list-style-type: none"> • Signs, symptoms and first aid • Principles of splinting • Removing a boot • Determining a plan for Bone, Muscle, and Joint Injuries • Wound Care <ul style="list-style-type: none"> • Basic bandaging • Signs, symptoms and first aid for various wounds • Crush & chest injuries • Eye/ear injuries • Burns • Animal attacks • Determining a plan for wound care
Activities	Various scenarios
Time	Time estimate: 8:00
Equipment	Manuals, guide log books, outdoor pens, notebooks, guide equipment

MODULE: DAY 4: ENVIRONMENTAL AND POISONS

Module Goal	To provide learners with an ability to perform first aid skills at an advanced level
Objectives	<p>Learners will be able to:</p> <ul style="list-style-type: none"> • Understand cold injuries and how to care for them • Understand cold illnesses and how to manage them • Understand consequences of mismanagement of a cold illness • Understand heat injuries and how to care for them • Understand heat illnesses and how to manage them • Understand environmental situations and how to manage them • Understand poisonings and different types • Understand Prevention
Topics and Sub-Topics	<ul style="list-style-type: none"> • Cold Related Injuries <ul style="list-style-type: none"> • Hypothermia • Frost nip & frost bite • Snow blindness & immersion foot • Heat Related Injuries <ul style="list-style-type: none"> • Hyperthermia • Prevention • Determining the plan for cold and heat related emergencies • Environmental Situations <ul style="list-style-type: none"> • Lightning • High altitude sickness • Scuba diving emergencies • Cold water immersion and drowning • Ice and Water rescue • Determining a plan for Environmental situations • Poisonings <ul style="list-style-type: none"> • Types of poisons

	<ul style="list-style-type: none"> • How poisons happen • How to prevent poisoning • First aid for poisoning • Determining a plan for poisonings
Activities	Various scenarios
Time	Time estimate: 8:00
Equipment	Manuals, guide log books, outdoor pens, notebooks, guide equipment

MODULE: DAY 5: MEDICAL EMERGENCIES, EVACUATION, TRANSPORTATION AND EXTENDED CARE

Module Goal	To provide learners with an ability to perform first aid skills at an advanced level
Objectives	<p>Learners will be able to:</p> <ul style="list-style-type: none"> • Identify medical emergencies and how to care for them • Understand evacuation and when it is necessary • Understand when and how to transport injured clients • Understand how to offer extended care and improvising when needed • Understand Prevention
Topics and Sub-Topics	<ul style="list-style-type: none"> • Medical Emergencies <ul style="list-style-type: none"> • Seizures • Diabetic Emergencies • Fainting • Childbirth • Caring for a new born baby • Digestive problems • Determining a plan for Medical Emergencies • Evacuation and Transportation <ul style="list-style-type: none"> • Determining and setting up for a landing zone for helicopters • Safety precautions for helicopters • Simple carries • Safely lifting • Improvised stretchers • Evacuation methods • Determining the minimum number required to transport someone safely • Extended Care <ul style="list-style-type: none"> • The body's four basic needs for survival • Shelters and site selection • Fire • Balanced input and output • Signs and symptoms of mental health problems • Critical Incident Stress Management • Personal hygiene for self and injured/ill persons • Camp hygiene

	<ul style="list-style-type: none">• Monitoring an injured person• Monitoring vital signs
Activities	Various scenarios
Time	Time estimate: 8:00
Equipment	Manuals, guide log books, outdoor pens, notebooks, guide equipment