

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

	<ul style="list-style-type: none"> <li>• Communication methods for accessing help</li> <li>• When to contact outside emergency help</li> <li>• Identifying who will be coming to help</li> <li>• What information to give to rescuers before they come</li> <li>• Responding to multiple casualty incidents</li> </ul>
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"> <li>• Understand emergencies</li> <li>• Understand different types of emergencies</li> <li>• How to respond to an emergency</li> <li>• How to manage basic wound care</li> <li>• Prevention</li> </ul>
Topics and Sub-Topics	<ul style="list-style-type: none"> <li>• Airway Emergencies <ul style="list-style-type: none"> <li>• Different Airway Emergencies</li> <li>• Identifying signs and symptoms of choking</li> <li>• First aid for mild and severe choking – adult, child &amp; infant</li> <li>• First aid for unconscious choking – adult, child &amp; infant</li> <li>• First aid for choking people who are large, pregnant or unable to stand</li> <li>• Making appropriate decisions during a choking emergency</li> <li>• How to determine a plan for an airway emergency</li> </ul> </li> <li>• Breathing Emergencies <ul style="list-style-type: none"> <li>• Respiratory distress</li> <li>• Respiratory arrest</li> <li>• Hyperventilation</li> <li>• Asthma</li> <li>• Allergies</li> <li>• Anaphylaxis</li> <li>• Smoke Inhalation</li> <li>• Pneumonia</li> <li>• Using and inhaler</li> <li>• Using an epinephrine auto-injector</li> <li>• Determining a plan for a breathing emergency</li> </ul> </li> <li>• Circulation Emergencies <ul style="list-style-type: none"> <li>• Preventing circulation emergencies</li> <li>• Identifying risk factors</li> <li>• Heart attack</li> </ul> </li> </ul>

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