

Wilderness First Responder Outline

Brought to you by:

RESCUE TRAINING, INC.

Instructor

Name: Cory Miner

Email: minerj@wwdb.org

Phone: (541) 521-4377

Course Description

The Wilderness First Responder Course is designed to meet the specialized needs of backcountry medicine, in prehospital emergency care. The WFR is intended for situations where emergency medical services and facilities, are hours, days or even weeks away. Our hands on scenario-based training promotes proper judgment and decision making skills for long term or extended care, as well as evaluating the need for appropriate evacuation. Upon successful completion of the course, students are certified in Wilderness First Responder and in American Heart Association Heartsaver Adult CPR.

Students will spend 11 intensive days (90 hours) focusing on what to do during wilderness emergencies. Classes are held both during the days, and during some evenings, therefore students are required to reside at the camp for the duration of the class (lodging is provided).

Certification Criteria

1. Attendance is required for certification in this course. You may miss up to 8 hours before your grade will be affected. Attendance and participation in the Mock Scenario and during the practical and written exams is required.
2. Average of 75% of total points from Worksheets, Quizzes and other activities.
3. Pass Final Written Exam with a 75% or above.
4. Pass all practical evaluations.

Outline

This outline should be used as a guide. However, be aware that class will remain flexible and the schedule may be altered based on the needs of the class.

Day 1: Monday

Morning

Introductions & Class Information
Introduction to Emergency Care

- Wilderness vs. Urban Emergency Care

Medical Legal Issues
Body Systems

Afternoon

Patient Assessment System

- Scene Size Up / Scene Safety
- Initial Assessment
- Rapid Assessment & Detailed Physical
- Focused SAMPLE History
- Assessment Lab

Day 2: Tuesday

Morning

Problem of the Day
CPR – AHA HS Adult CPR

Afternoon

Shock & Bleeding

- Shock – Stages & Types
- Bleeding – Types & Treatment

Scenario

Day 3: Wednesday

Morning

Problem of the Day
Soft-tissue Injuries

- Wounds
- Wounds in the Wilderness
- Burns
- Long Term Wound/Burns Care

Injuries to the Chest

- Sucking Chest Wound
- Fractures Ribs/Clavicles

Flail Chest/Lung Trauma

Afternoon

Injuries to the Head & Spine

- Head Injuries
- Spine Injuries
- Spine Clearing

Day 4: Thursday

Morning

Problem of the Day
Spinal Immobilization Labs
Spinal Immobilization in the Wilderness – Long Term
Care & Improvising
Lifts & Moves
Littering in the Wilderness

Afternoon

Litter Improvisation

Evening

Litter Outing

Day 5: Friday

Morning

Problem of the Day
Principles of Musculoskeletal Care I

- Musculoskeletal Trauma Management in the Wilderness
- Long bone & Joint Fracture Labs – Practice & Assessment

Afternoon

Principles of Musculoskeletal Care II

- Athletic Injuries & Labs
- Introduction to Dislocations
- Practice

Principles of Musculoskeletal Care III

- Traction Splinting in the Wilderness Labs

Day 6: Saturday

Off all day!

Day 7: Sunday

Morning

Problem of the Day
Medical Emergencies I

- Respiratory Emergencies
- Neurological Emergencies

Afternoon

Scenario
Environmental Emergencies I

- Cold Emergencies
 - Ways to Lose Heat
 - Hypothermia
 - Frostbite
 - Immersion Foot

Evening

Scenario/Labs

Day 8: Monday

Morning

Problem of the Day

Environmental Emergencies II

- Heat Emergencies
 - Dehydration
 - Heat Cramps
 - Heat Exhaustion
 - Heat Stroke

Environmental Emergencies III

- North American Bites & Stings
- Plants/Contact Dermatitis

Scenario

Afternoon

Medical Emergencies II

- Cardiac Emergencies
- Acute Abdomen

Scenario

Day 9: Tuesday

Morning

Problem of the Day

Behavioral Emergencies

Substance Abuse Emergencies

Gender Specific Issues

- Male Specific Emergencies
- Female Specific Emergencies

Afternoon

Environmental Emergencies IV

- Water Emergencies
- Lightening
- High-Altitude Emergencies

Scenario

Evening

Self-Practice Labs

Day 10: Wednesday

Morning

Problem of the Day

Triage/START System & Scenario

Search & Rescue

- Organization & Execution
- Incident Command

Scenario Setup

Afternoon/Early Evening

Rest

Dinner

SAR Prep

Late Night

Mock Search & Rescue

Day 11: Thursday

Morning

Mock Search & Rescue Debriefing

Emergency Childbirth

Pediatrics & Infants

Geriatrics

Afternoon

Expedition Medicines

First Aid Kits

Review

Evening

Study & Practice

Day 12: Friday

Morning & Afternoon

Practical & Written Exams

Afternoon

Clean Up & Closing