

Course: Wilderness and Remote First Aid

Purpose

To provide individuals a foundation of first aid principles and skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters, such as earthquakes and hurricanes.

Prerequisites

- Possess current adult CPR/AED certification
- Be at least 14 years of age on or before the last scheduled session of the course

Learning Objectives

- Define wilderness first aid
- Describe the difference between wilderness first aid and standard first aid
- Describe the importance of immediately establishing control of the scene and starting the primary assessment
- Discuss the importance of doing a secondary assessment
- Discuss calling for help from a delayed-help perspective and evacuation considerations
- Demonstrate a field assessment for injuries to the head
- Define types of abdominal pain and discomfort including gastroenteritis (stomachache) and diarrhea
- Describe the basics of an allergic response and its treatment and prevention
- Define altitude illnesses including acute mountain sickness (AMS), high altitude cerebral edema (HACE) and high altitude pulmonary edema (HAPE)
- Define types of burn injuries
- Demonstrate a field assessment of a person with a chest injury
- Describe the contents of an adequate wilderness and remote first aid kit, and its uses
- Define the different types of heat-related illnesses
- Describe the mechanisms of heat loss versus heat gain
- Demonstrate a field assessment for injuries to bones and joints
- Define shock and discuss the stages of shock
- Define heart attack
- Define serious bleeding and demonstrate control of bleeding
- Describe briefly the general sequence of events during a submersion (drowning) incident
- Describe how lightning can cause injury and/or death

Length

Approximately 16 hours

Instructor

Currently authorized Wilderness and Remote First Aid instructor

Certification Requirements

- Attend all class sessions
- Participate in all skill sessions and activities
- Demonstrate competency in all observable skills
- Complete the scenarios
- If certification required by employer or organization, pass the optional final written exam with a minimum grade of 80 percent

Certificate Issued and Validity Period

Wilderness and Remote First Aid: 2 years

Participant Products/Materials

Wilderness and Remote First Aid Emergency Reference Guide and Pocket Guide Set
(StayWell Stock No. 656232)

Contact Hours

16

CEUs Awarded

1.6



The American Red Cross is approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Road, Suite 500, McLean, VA 22102. The Wilderness and Remote First Aid course qualifies for CEUs under IACET guidelines.