



[SierraRescue.com](http://SierraRescue.com) ~ [info@sierrarescue.com](mailto:info@sierrarescue.com) ~ 530-902-6122

## **3 Day Wilderness First Aid/CPR (24 hour)**

### **Hello from Sierra Rescue!**

Thanks so much for your interest in the 24 hour Wilderness First Aid/ CPR Course. This curriculum is specifically designed for outdoor guides, Boy Scouts/leaders, backpackers, hikers, river guides, and folks who spend their time working and playing outside! If you have taken a First Aid Course before or if this will be your first experience, this course is ideally suited for students of all kinds and abilities. There is no prerequisite or experience required. You are guaranteed to learn a lot and have a great time! We emphasize hands-on scenarios and practice, so come ready for a great day full of activity and learning outside!

All our Wilderness Medicine and First Aid and CPR courses follow American Heart Association, OSHA and the Wilderness Medicine Society standards for CPR, AED and First Aid training.

Students completing the course will receive a 24hr Wilderness First Aid Card (good for two years) and an OSHA Approved CPR Card (good for two years). This meets or exceeds the minimum requirement for most CPR/ First Aid training needs.

### **WHAT TO BRING!**

- **Food and water:** Lunch, snacks and water for the day!
- **Comfortable clothing:** Please dress for the weather. You may want to bring a junk t-shirt for fake blood and/or using to cut into a T-shirt roll for improvised splinting. We also recommend wearing clothing that you don't mind getting a little dirty as we'll be outside simulating wilderness injuries.

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### **Overall Basic Outline:**

#### **Basic Life Support Skills/ Anatomy and Physiology of Three Systems**

- Opening and Course Paperwork
- Course Introduction and Expectations
- Student and Instructor Introductions
- Medical Legal Overview
- Evolution of Patient Care System and how we fit in

- Patient Assessment System (PAS) Part 1 How to approach a scene!
- General Review of Anatomy and Physiology (All Systems)
- Specific exploration of Respiratory System
- Hands on practice establishing an airway/airway management
- Specific exploration of the Circulatory System
- Hands on practice for checking for pulse, controlling bleeding, CPR
- Specific exploration of Nervous System
- Evaluating Level of Consciousness and Maintaining Spine stability
- Optional Examination of a pig's heart, lungs, kidneys and liver:
  - Lab includes ventilation of the lungs for a better understanding
- Basic Life Support Lab / AED's/ CPR Healthcare Provider testing
- Understanding the Inflammatory Response/ Review of cellular physiology
- Autonomic Stress Response
- Nervous System injuries/ Increased ICP, Concussion, Head wounds,
- Unstable Spine
- Respiratory injuries/ Respiratory distress
- Circulatory Injuries/ Volume Shock

### **Traumatic Injuries**

- Stable and Unstable Musculoskeletal Injuries
- Exploration of the Musculoskeletal System/ Anatomy and Physiology
- Stable and Unstable Musculoskeletal Injuries
- 1:1 Splinting Lab
- Wounds, Infections, Burns
- Pigs Foot Lab/ Includes irrigation, punctured objects and fish hook removal
- Spine Assessment and Lab/ A conservative process for checking the spine
- Spine Management Lab/ Moving spine injured patients, back-boarding, litters
- Quiz 1
- Patient Assessment System (PAS) Part 2
- Hands on field exercises/ Two on One Patient Assessment : 3 Rotations

### **Environmental/Introduction to Medical**

- Environmental Injuries
- Spine ruling-out quiz
- Hypothermia
- Heat Problems (Heat Stroke, Heat Exhaustion, Electrolyte Sickness, Sunburn)
- Cold Injury ( Frostbite, Trench Foot, Chilblains)
- Near Drowning
- Quiz 2
- Toxins, Bites and Stings/ Includes BBC video
- Anaphylaxis/Allergies
- Injections Lab
- Altitude

- Lightning
- More two on one patient field assessments: 3 rotations
- Quiz 3
- Introduction to medical problems
- Infectious diseases
- Gastrointestinal System/ Anatomy and Physiology and Problems (vomiting, diarrhea, constipation, ulcers, hernias, signs and symptoms of serious problems)
- Genitourinary System/ Anatomy and Physiology and Problems (UTI/UTC, vaginitis, STD, testicular torsion, ectopic pregnancy, signs and symptoms of serious problems)
- Diabetes
- Dislocations Lab
- Asthma
- Heart Attack, Angina BBC Video
- Stroke
- Seizure
- Ears, Eyes, Nose and Throat/ Teeth Problems
- Wilderness First Aid Kits
- Big group scenarios; at least two or three

This outline will evolve based on the focus of the participants. Our goal is to give you as much as you can handle in a day and still keep it fun and supportive. We will integrate many scenarios that use the skills that we are earning in class.

Please feel free to contact us directly if you have any questions that you need answered before the class! Thanks for your interest in this class and we look forward to seeing you soon!

Julie Munger & Abigail Polsby  
Owners, Sierra Rescue