



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

## **Hello from Sierra Rescue!**

Thanks so much for registering for the 8 hour Wilderness First Aid/ CPR Course. This curriculum is specifically designed for professionals who work in the outdoors, such as USFS, USFG, DWR, etc.; outdoor guides, 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!

Sierra Rescue presents skills and techniques according to practice guidelines established by the Wilderness Medical Society as outlined in the Wilderness Medical Society Practice Guidelines. The training also follows American Heart Association and OSHA standards.

Students completing the course will receive an 8hr 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.

Class time will be: 9:00 am to 6:00 pm

### **WHERE TO MEET!**

Hastings Reserve 38601 East Carmel Valley Rd, Carmel Valley, CA 93924. It's pretty far down the valley on a windy road so allot time.

More info: <http://hastingsreserve.org/index.html>

### **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.

## **OVERALL BASIC OUTLINE OF THE COURSE:**

### **Basic Life Support and CPR**

- Introductions and Paperwork
- How to keep situations from getting worse
- Scene Survey: What to think about first: scene safety, personal safety, method of injury and resources
- Blood Borne pathogens: safety, prevention and body substance isolation, Hep B, AIDs, etc.
- Primary Survey: BLS: Nervous system: brain and spinal cord; Circulatory System, and Respiratory System
- AED Training
- Hands on practice w/scenarios
- CPR testing

## **LUNCH**

### **Trauma Continued:**

- Stable (sprains) Musculoskeletal Injuries
- Unstable Injuries (breaks, ligaments, etc)
- Dislocations
- Improvised Splinting Lab
- Wounds! Low and high risk, Burns and Blisters
- Wounds Lab: Wound cleaning using realistic props

### **Environmental Problems**

- Cold injuries and Hypothermia
- Hypothermia wraps, keeping someone warm, warming them up
- Heat Injuries and sunburn
- Heat stroke vs. heat exhaustion
- Electrolyte sickness
- Lightning
- Wilderness Toxins such as: rattlesnakes, black widows, poison oak, etc
- Allergic Reactions; Anaphylaxis and local
- Environmental Scenarios

### **Medical Problems:**

- Mini Medical Simulations on:
- Heart attacks: Signs and symptoms/treatment
- Asthma
- Stroke/Seizure
- Diabetes

### **When Requested:**

- Pediatric emergencies: Recognition, management, and prevention of infectious diseases, including immunizations, blood borne pathogens, and prevention of childhood injuries.

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!

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 on the river soon!

Julie Munger & Abigail Polsby  
Owners, Sierra Rescue