



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

## 2 Day Wilderness First Aid/CPR (16 hour)

### Hello from Sierra Rescue!

Thanks so much for your interest in the 16 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 16hr 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.

### OVERALL BASIC OUTLINE OF THE COURSE:

#### Basic Life Support/CPR/Intro to Trauma

- 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

### **Trauma and Scenarios**

- Trauma: Head Injuries, Internal Bleeding/Volume Shock, Respiratory Distress
- Lots of Hand on Scenarios
- Stable vs. Unstable Muskuloskeletal Injuries
- Dislocations
- Improvised Splinting Lab
- Spine Management
- Documentation and Soap Notes

### **Wounds and Environmental Problems**

- Wounds and Wounds Lab
- high risk vs low risk wounds and treatment
- burns and blisters
- infection

### **Environmental problems:**

- Cold injuries and Hypothermia
- Heat Injuries
  - heat stroke vs. heat exhaustion
- Electrolyte sickness
- Altitude Sickness
- Lightning
- Toxins
- Allergic Reactions; Anaphylaxis and local
- Environmental Scenarios

### **Medical Problems:**

Mini Medical Simulations on:

- Heart attacks: Signs and symptoms/treatment
- Asthma
- Stroke/Seizure
- Diabetes
- Big Scenarios-Incorporating all the medical and environmental problems
- Course Wrap-up/Graduation!

**When Requested:**

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

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