



SierraRescue.com · info@sierrarescue.com · 530-902-6122

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

Thanks so much for your interest in the 16-hour Wilderness First Aid/CPR Course. This curriculum is designed for outdoor guides, Boy Scouts/leaders, backpackers, hikers, river guides, and anyone who spends time working and playing outside! Whether you have taken a First Aid Course before or this will be your first experience, this course is ideally suited for students of all kinds and abilities. No prerequisites or prior experience are 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 outdoors!

All our Wilderness Medicine, 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 (valid for 3 years) and an OSHA-approved CPR Card (valid for two years). This meets or exceeds the minimum requirements 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 to use it 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 hands-on scenarios
- Stable vs. Unstable Musculoskeletal 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 before the class!
Thanks for your interest in this class, and we look forward to seeing you soon!

