



Wilderness and Remote First Aid

What: Wilderness and Remote First Aid Recert

Where: Halifax Regional Search & Rescue Headquarters, 860-1638

116 Lakeview Rd., Lakeview, Nova Scotia (5 min. east of Sackville)

When: Sat Dec 5 9:00 am – overnight (camping)

Sun Dec 6 8:00 am - 5:00 pm

Cost: \$125.00 (plus HST)

Instructors: Blair Doyle

To Register: Confirm space is available and send check or money order deposit of \$50.00 or course fee to: **Doyle Adventure & Safety, 28 Virginia Ave. Dartmouth, N.S., B2W-2Z7**

Email: adventure@hfx.eastlink.ca, 902-434-9122 (h) or 902-222-0868 (cel)

The Weekend: Will consist of some classroom instruction on the BLS (Basic Life Support) on the Sat morning, then continual scenarios designed to cover all topics.

The overnights: Come prepared with “rough-up-able apparel” and to stay outdoors given the time of year. If conditions or camping ability warrants you can stay indoors.



Meals can be brought with you or you can scoot into Sackville only 5 minutes away. A small kitchen is available at the base. (Sorry, no showers though)

The minimum age to participate is 12 years of age - all individuals under 16 years of age must be accompanied by a registered adult .

Up to date WEBSITE info: www.WRFA.ca

Wilderness and Remote First Aid - Recert

This will be a practical based 2-day course designed to refresh and update individuals who have been previously certified within the past 3 years in WRFA. This course will enable participants to reconnect with the knowledge and abilities they have previously been trained to. Emphasis will be on practical skills, decision making and dealing with the outdoors.

Day one

Introduction

Wilderness First Aid vs. Urban First Aid

Principle Body Systems - Homeostasis

Shock & Backcountry Management of Shock

Emergency Action Principles

- Accessing E.M.S.
- Primary Survey

Obstructed Airways (Adult, Child, Infant)

CPR (Adult, Child, Infant)

CPR in the wilderness

Secondary Survey

- Assessment & SOAPing

First Aid kits and Supplies

Soft Tissue Injuries

- Wounds & Cleaning
- Burns/ Blisters

Environmental Emergencies

- Thermoregulation - Hypothermia and Hyperthermia
- Cold Related Injuries
- Water Related Injuries
- Lightning

Day Two

Head and Spinal Cord Injury Management

- Immobilization and Evacuation Issues

Minor Head Injuries

- Eyes, Ears, Nose, Mouth, Dental

Musculoskeletal Injuries

- Sprains, Strains, Fractures
- Reduction and Improvised splinting

Medical Conditions

- Poisoning, Allergic reactions
- Seizures, Diabetes, Stroke
- Gastrointestinal vs. Acute Abdominal

Backcountry water disinfecting

Second Aid and Evacuation

Course Debriefing and Exam

**** Candidates are asked to ensure they bring along there WRFA text ****

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REGISTRATION FORM

Course Dates applied for: _____

Name: _____

Mailing Address: _____

Postal Code: _____

Phone: (H) _____

(O) _____

Email: _____

Age: _____ Favorite color: _____

Previous Outdoors experience: _____

Reasons for taking this course: _____

Do you have any medical concerns we should be aware of? __

Details Please: _____

Are you prepared for the overnight? _____

Date of past WRFA certification? _____

Please send this form and cheque or money order deposit of \$50.00 payable to:

Doyle Adventure & Safety, 28 Virginia Ave., Dartmouth, N.S. B2W 2Z7

** deposit non-refundable 30 days before program **



Canadian Red Cross
Croix-Rouge canadienne

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