



# 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 Jun 2 9:00 am – overnight (camping)

Sun Jun 3 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

Email: [adventure@eastlink.ca](mailto:adventure@eastlink.ca), 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](http://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 \*\***

# Wilderness and Remote First Aid - Recert

## 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 \*\***



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