



Advanced Wilderness Remote First Aid

What: Advanced Wilderness Remote First Aid at Acadia (winter break option)

Where: Acadia University

When: Mon.	Feb 20	8:30 am - 5:00 pm
Tues.	Feb 21	8:30 am - 5:00 pm and 6 - 10 pm (overnight optional)
Wed.	Feb 22	8:30 am - 5:00 pm
Thurs.	Feb 23	8:30 am - 5:00 pm

Course Fee: \$275 + hst

Register: Please email the completed form - last page in this file with deposit or course fee.

Instructors: Blair Doyle, Email: adventure@eastlink.ca,

902-222-0868 (cel.) or 902-434-9122 (h)

Prepare: "Suggested" what to bring or have in an emergency pack attached. The focus is to utilize what you would normally have with you to solve problems. Mock FA kits and scenario supplies provided. This will be a very active and experiential approach to learning. Come prepared with lots of physical and mental energy, 75% or more is taught outdoors.



Advanced Wilderness Remote First Aid

This is an experiential based first aid course (4 days) designed for those who will be managing wilderness activities within hours or days of advanced medical care. This course will enable participants to have an appreciation for the realities of providing First Aid in a Wilderness/ Remote Environment. Emphasis will be on practical skills, decision-making, dealing with the outdoors and confidence building.

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)

Rescue Breathing (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

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

Survival Pack Contents List

Halifax Regional Search and Rescue has got a standard survival pack to be carried by members while on search. This is placed here to encourage participants in the Wilderness and Remote First Aid course to have the "X 'd" items in their packs for the course. You are recommended to "test" any gear that you would have with you in the back of beyonds!

"Everything you have with you should have three uses, one of which is First Aid"

Sustenance

- 2 Litre of water
- Quick High Energy Food (bars, hard candy, G.O.R.P., Boost, etc.)
- Hot Food (Soup Mix, Hot Coca, etc.)

Attention Getting Equipment

- Whistle (non-metallic, no bead)
- 2 roles of Flagging
- Metal Mirror (on compass?)
- 10" x 10" Aluminum Foil

Basic Survival Gear

- Knife
- First Aid kit
- Extra Compass
- Extra Socks
- Extra Warm Hat
- WATERPROOF Rain Gear
- Extra Clothing (given the conditions)
- Hatchet or Small Saw
- Extra Small Flashlight (can fit into mouth)
- Extra Flashlight Batteries

- Extra Flashlight Bulb
- Matches/Lighter (Waterproofed)
- Toilet Paper
- Garbage Bag (Orange)
- Extra Gloves or Mitts
- Firestarter
- Metal Mug & Spoon (cooking!)
- Water Purification Tablets
- 2 Safety Candles (2" in diameter)

Sheltering Equipment

- 8x10 Tarp (polypropylene, drop cloth, etc.)
- All Weather Solar Blanket
- Rope or Parachute Cord (50' preferred)

Basic Gear

- Sturdy WATERPROOF boots (covering ankle and heel with sealed tongue)
- Proper attire given the conditions (gloves, hat, long johns, etc.)
- Something orange beyond a hat
- Working sturdy flashlight (plus extra batteries & bulb)
- Orienteering Compass
- Notebook, pencil and pencil sharpener
- Zip Lock Baggies (for Map and Radio/ Phone)
- If carrying a Radio/ Celphone or GPS, get extra batteries

Optional Gear Suggestions:

Binoculars, Sun block, Lip Medication, Safety glasses or Snow Goggles, Ice cleats, Helmet, Throw bag, Snow shoes / ski poles, plus any item you deem essential

REGISTRATION FORM

Course Dates applied for: ___Feb 20 - 23, 2012___

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: _____

Have you had any First Aid in the past? _____

If so, what level? _____

****** If taking a group specific course, indicate risk areas that you would like to spend more discussion/ scenarios on*******

**Please email along to: adventure@eastlink.ca
or bring to the first day of the course.**



**Canadian Red Cross
Authorized Provider**