



Wilderness First Aid (WFA) Curriculum

LIVE ZOOM OR SELF-PACED VIDEO

Core Skills Patient Assessment and Basic Life Support

- Evaluate the scene
 - Assess for safety and causes, emphasizing personal and team protection
- Perform a Primary Survey (Identify and treat life threats)
 - Respiratory System
 - Manually open, maintain and protect an airway with standard BLS technique and the recovery position.
 - Provide adequate ventilations by mouth to mask.
 - Circulatory System
 - Assess for pulse and signs of life, administer chest compressions, and use AED if available.
 - Emphasize early, uninterrupted chest compressions for those with limited CPR training.
 - **PRACTICAL SKILL:** Control serious bleeding with well-aimed direct pressure, pressure/clot enhancing bandage.
 - **PRACTICAL SKILL:** Tie a tourniquet.
 - Nervous System
 - Assess Level of Consciousness/Level of Responsiveness (LOC/LOR), identify a potential mechanism for spine injury, protect the spine and minimize movement.
 - Monitor and maintain airway control and breathing for people with an impaired LOC/LOR.
 - **PRACTICAL SKILL:** improvise a neck brace with a rolled-up jacket
- Perform a Secondary Survey
 - S-A-M-P-L-E as a guide

Common Medical Problems

- Manage blisters (prevention and treatment)
- Manage impaled objects (more than a fishhook or splinter).
- Manage amputations
 - Fingers
 - Teeth

- Musculoskeletal injuries
 - Assess circulation, sensation, and motion
 - Initiate appropriate treatment
 - Treat stable injuries using RICE as available and a brace/tape as needed.
 - **PRACTICAL SKILL:** construct an upper or lower extremity splint
- Recognize Anaphylaxis
 - Understand how to use an epinephrine auto-injector
 - Recognize the need for evacuation and assessment

Environmental Medicine

- Heat Illness
 - Recognize signs and symptoms of heat exhaustion/dehydration and heat stroke.
 - Recognize symptoms of heat cramps
 - Initiate appropriate treatment
- Hypothermia
 - Recognize signs and symptoms of mild and severe hypothermia.
 - Initiate appropriate treatment
 - **PRACTICAL SKILL:** construct a hypothermia wrap
- Local Cold Injury (Frostbite and Non-Freezing Cold Injury)
 - Recognize signs and symptoms of Frostbite and Non- Freezing Cold Injury.
 - Initiate appropriate treatment
 - Understand evacuation guidelines and the importance of preventing re-freezing the injury
- Lightning
 - Prevention: Recognize high-risk conditions and preventive strategies.
 - Know local weather patterns, leave the scene and/or seek adequate shelter.
 - Initiate appropriate treatment
- Altitude
 - Recognize signs and symptoms of Acute Mountain Sickness (AMS) and key indicators of serious altitude illness (HACE and HAPE)
 - Initiate appropriate treatment and understand importance of stopping ascent
- Animals
 - Understand what to do when confronted or attacked by:
 - Grizzly bears
 - Black bears
 - Mountain lions
 - Snakes
 - Scorpions

Basic Survival Skills

- Trip preparation
- Preventing getting lost
- Signaling for rescue
- Finding water

PODCAST CONTENT (50+ HOURS)

Includes these and many other topics:

Altitude

Assessment of Patient, Parts 1 and 2

Avalanches

Backpacks and back pain

Bites and stings: bears, snakes, spiders, mosquitoes, and scorpions

Clothing for the wilderness

Cold related injuries

Crossing a stream

Dental problems

Dermatology

Dive medicine

Drowning and water safety

Eye injuries

Foot problems

Frostbite, chilblains, immersion foot

Heat stroke

Immunizations for travel

Infectious disease: diarrhea

Lightning

Medical problems in the wilderness: parts 1 and 2

Parasites

Ultrasound in the wilderness

Water treatment

Wilderness first aid and medical kits

Wound management

Zika, dengue, chikungunya, schistosomiasis, and malaria

TEXTBOOK CONTENT

Chapter 1: Assessment of a Patient in the Wilderness

Chapter 2: The Management of Wounds in the Wilderness

Chapter 3: The Wilderness Management of Bites and Stings

Chapter 4: Lightning

Chapter 5: Flash Floods

Chapter 6: Heat-related Illness

Chapter 7: Cold-related Illness

Chapter 8: Law and the Wilderness

Chapter 9: Medical Problems in the Wilderness

Chapter 10: Water Safety and Drowning

Chapter 11: Avalanches

Chapter 12: Wilderness First Aid Kits

Chapter 13: Water Treatment

Chapter 14: Management of Hand and Wrist Injuries



This curriculum is representative of the topics covered
in Survival Med's Wilderness First Aid Course.
Details may vary as we continuously update our courses.