

## CONTENT OUTLINE FOR ADVANCED WILDERNESS AND REMOTE FIRST AID

The following tables outline the topics and sub topics that will be addressed in each of the modules. *Please note that each module is outlined as an integral portion of a complete course.*

MODULE: DAY 1: COURSE BASICS	
Module Goal	To provide learners with an understanding of the reasoning's for an advanced wilderness first aid course, and to become proficient in using this skill.
Objectives	<p>Learners will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the difference between Wilderness first aid and Urban first aid</li> <li>• Understand all the legal components of leadership as it applies to first aid</li> <li>• Learn about how to prepare and plan for a remote program or trip</li> <li>• Understand the importance of their own health as a leader</li> <li>• Learn how to manage their own health in a remote setting</li> <li>• Understand how to plan for, react to and take action in an emergency situation</li> </ul>
Topics and Sub-Topics	<ul style="list-style-type: none"> <li>• Introduction               <ul style="list-style-type: none"> <li>• Canadian Red Cross</li> <li>• Why this course was developed</li> <li>• Urban First Aid vs Wilderness First Aid</li> </ul> </li> <li>• Preparation and Planning               <ul style="list-style-type: none"> <li>• Preparing for and preventing emergencies</li> <li>• Understanding components of a pre-trip plan</li> <li>• Assessing skills and assets of group members and other guides</li> <li>• Documentation of planning and emergencies</li> <li>• Legalities of dealing with a death in a wilderness situation</li> <li>• Leadership duties, qualities and responsibilities</li> </ul> </li> <li>• Your Health               <ul style="list-style-type: none"> <li>• Water decontamination</li> <li>• Basic hygiene especially in the wilderness</li> <li>• Infectious disease spreading and prevention</li> <li>• Preventing infection</li> <li>• Using barrier devices</li> <li>• Sleep and other aspects of a leaders health for self and group</li> </ul> </li> <li>• P.L.A.N.               <ul style="list-style-type: none"> <li>• Scene surveys</li> <li>• Triage</li> <li>• Basic life support – checking and clearing</li> <li>• Moving ill or injured people</li> <li>• Signs &amp; symptoms and treatment for shock</li> <li>• Secondary survey</li> <li>• Head to Toe check</li> <li>• Recovery position</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• How to make a plan</li> <li>• Communication methods for accessing help</li> <li>• When to contact outside emergency help</li> <li>• Identifying who will be coming to help</li> <li>• What information to give to rescuers before they come</li> <li>• Responding to multiple casualty incidents</li> </ul>
Activities	TBD
Time	Time estimate: 8:00
Equipment	Manuals, guide log books, outdoor pens, Note Books

MODULE: DAY 2: EMERGENCY CARE	
Module Goal	To provide learners with an ability to perform life saving skills at a basic and advanced level
Objectives	Learners will be able to: <ul style="list-style-type: none"> <li>• Understand emergencies</li> <li>• Understand different types of emergencies</li> <li>• How to respond to an emergency</li> <li>• How to manage basic wound care</li> <li>• Prevention</li> </ul>
Topics and Sub-Topics	<ul style="list-style-type: none"> <li>• Airway Emergencies               <ul style="list-style-type: none"> <li>• Different Airway Emergencies</li> <li>• Identifying signs and symptoms of choking</li> <li>• First aid for mild and severe choking – adult, child &amp; infant</li> <li>• First aid for unconscious choking – adult, child &amp; infant</li> <li>• First aid for choking people who are large, pregnant or unable to stand</li> <li>• Making appropriate decisions during a choking emergency</li> <li>• How to determine a plan for an airway emergency</li> </ul> </li> <li>• Breathing Emergencies               <ul style="list-style-type: none"> <li>• Respiratory distress</li> <li>• Respiratory arrest</li> <li>• Hyperventilation</li> <li>• Asthma</li> <li>• Allergies</li> <li>• Anaphylaxis</li> <li>• Smoke Inhalation</li> <li>• Pneumonia</li> <li>• Using and inhaler</li> <li>• Using an epinephrine auto-injector</li> <li>• Determining a plan for a breathing emergency</li> </ul> </li> <li>• Circulation Emergencies               <ul style="list-style-type: none"> <li>• Preventing circulation emergencies</li> <li>• Identifying risk factors</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Heart attack</li> <li>• Angina</li> <li>• Cardiac arrest</li> <li>• AED – wilderness and urban</li> <li>• Stroke</li> <li>• TIA</li> <li>• Deadly bleeding – internal</li> <li>• Deadly bleeding – external</li> <li>• Tourniquets</li> <li>• Pressure points</li> <li>• Determining a plan for circulation emergencies</li> <li>• First Aid for Respiratory and Cardiac Arrest</li> <li>• Water decontamination</li> <li>• Basic hygiene especially in the wilderness</li> <li>• Infectious disease spreading and prevention</li> <li>• Preventing infection</li> <li>• Using barrier devices</li> <li>• Sleep and other aspects of a leaders health for self and group</li> </ul>
Activities	Various scenarios
Time	Time estimate: 8:00
Equipment	CPR dolls

MODULE: DAY 3: EMERGENCY CARE	
Module Goal	To provide learners with an ability to perform first aid skills at an advanced level
Objectives	<p>Learners will be able to:</p> <ul style="list-style-type: none"> <li>• Understand head and spine injuries</li> <li>• Understand bone, muscle and joint injuries</li> <li>• Learn how to respond to and manage for head and spine injuries</li> <li>• Learn how to respond to and manage bone, muscle and joint injuries</li> <li>• Implement Evacuation procedures</li> <li>• Learn how to manage wound care</li> <li>• Understand Prevention</li> </ul>
Topics and Sub-Topics	<ul style="list-style-type: none"> <li>• Head and Spine Injuries <ul style="list-style-type: none"> <li>• Signs and symptoms of head and spine injuries</li> <li>• First aid for head and spine injuries</li> <li>• Improvising and applying a collar</li> <li>• How to move an injured person</li> <li>• Identifying when to remove a helmet</li> <li>• How to remove a full face helmet</li> <li>• Discontinuing spinal precautions</li> <li>• Jaw thrust</li> <li>• Determining a plan for head and spine injuries</li> </ul> </li> <li>• Bone, Muscle and Joint Injuries</li> </ul>

	<ul style="list-style-type: none"> <li>• Signs, symptoms and first aid</li> <li>• Principles of splinting</li> <li>• Removing a boot</li> <li>• Determining a plan for Bone, Muscle, and Joint Injuries</li> <li>• Wound Care <ul style="list-style-type: none"> <li>• Basic bandaging</li> <li>• Signs, symptoms and first aid for various wounds</li> <li>• Crush &amp; chest injuries</li> <li>• Eye/ear injuries</li> <li>• Burns</li> <li>• Animal attacks</li> <li>• Determining a plan for wound care</li> </ul> </li> </ul>
Activities	Various scenarios
Time	Time estimate: 8:00
Equipment	Manuals, guide log books, outdoor pens, notebooks, guide equipment

#### MODULE: DAY 4: ENVIRONMENTAL AND POISONS

Module Goal	To provide learners with an ability to perform first aid skills at an advanced level
Objectives	Learners will be able to: <ul style="list-style-type: none"> <li>• Understand cold injuries and how to care for them</li> <li>• Understand cold illnesses and how to manage them</li> <li>• Understand consequences of mismanagement of a cold illness</li> <li>• Understand heat injuries and how to care for them</li> <li>• Understand heat illnesses and how to manage them</li> <li>• Understand environmental situations and how to manage them</li> <li>• Understand poisonings and different types</li> <li>• Understand Prevention</li> </ul>
Topics and Sub-Topics	<ul style="list-style-type: none"> <li>• Cold Related Injuries <ul style="list-style-type: none"> <li>• Hypothermia</li> <li>• Frost nip &amp; frost bite</li> <li>• Snow blindness &amp; immersion foot</li> </ul> </li> <li>• Heat Related Injuries <ul style="list-style-type: none"> <li>• Hyperthermia</li> </ul> </li> <li>• Prevention</li> <li>• Determining the plan for cold and heat related emergencies</li> <li>• Environmental Situations <ul style="list-style-type: none"> <li>• Lightning</li> <li>• High altitude sickness</li> <li>• Scuba diving emergencies</li> <li>• Cold water immersion and drowning</li> <li>• Ice and Water rescue</li> <li>• Determining a plan for Environmental situations</li> </ul> </li> <li>• Poisonings <ul style="list-style-type: none"> <li>• Types of poisons</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• How poisons happen</li> <li>• How to prevent poisoning</li> <li>• First aid for poisoning</li> <li>• Determining a plan for poisonings</li> </ul>
Activities	Various scenarios
Time	Time estimate: 8:00
Equipment	Manuals, guide log books, outdoor pens, notebooks, guide equipment

### MODULE: DAY 5: MEDICAL EMERGENCIES, EVACUATION, TRANSPORTATION AND EXTENDED CARE

Module Goal	To provide learners with an ability to perform first aid skills at an advanced level
Objectives	<p>Learners will be able to:</p> <ul style="list-style-type: none"> <li>• Identify medical emergencies and how to care for them</li> <li>• Understand evacuation and when it is necessary</li> <li>• Understand when and how to transport injured clients</li> <li>• Understand how to offer extended care and improvising when needed</li> <li>• Understand Prevention</li> </ul>
Topics and Sub-Topics	<ul style="list-style-type: none"> <li>• Medical Emergencies <ul style="list-style-type: none"> <li>• Seizures</li> <li>• Diabetic Emergencies</li> <li>• Fainting</li> <li>• Childbirth</li> <li>• Caring for a new born baby</li> <li>• Digestive problems</li> <li>• Determining a plan for Medical Emergencies</li> </ul> </li> <li>• Evacuation and Transportation <ul style="list-style-type: none"> <li>• Determining and setting up for a landing zone for helicopters</li> <li>• Safety precautions for helicopters</li> <li>• Simple carries</li> <li>• Safely lifting</li> <li>• Improvised stretchers</li> <li>• Evacuation methods</li> <li>• Determining the minimum number required to transport someone safely</li> </ul> </li> <li>• Extended Care <ul style="list-style-type: none"> <li>• The body's four basic needs for survival</li> <li>• Shelters and site selection</li> <li>• Fire</li> <li>• Balanced input and output</li> <li>• Signs and symptoms of mental health problems</li> <li>• Critical Incident Stress Management</li> <li>• Personal hygiene for self and injured/ill persons</li> <li>• Camp hygiene</li> </ul> </li> </ul>

	<ul style="list-style-type: none"><li>• Monitoring an injured person</li><li>• Monitoring vital signs</li></ul>
Activities	Various scenarios
Time	Time estimate: 8:00
Equipment	Manuals, guide log books, outdoor pens, notebooks, guide equipment