



Wilderness and Remote First Aid

Purpose

To provide individuals a foundation of first aid principles and skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters, such as earthquakes and hurricanes.

Prerequisites

- Possess current adult CPR/AED certification
- Be at least 14 years of age on or before the last scheduled session of the course

Learning Objectives

- Define wilderness first aid
- Describe the difference between wilderness first aid and standard first aid
- Describe the importance of immediately establishing control of the scene and starting the primary assessment
- Discuss the importance of doing a secondary assessment
- Discuss calling for help from a delayed-help perspective and evacuation considerations
- Demonstrate a field assessment for injuries to the head
- Define types of abdominal pain and discomfort including gastroenteritis (stomachache) and diarrhea
- Describe the basics of an allergic response and its treatment and prevention
- Define altitude illnesses including acute mountain sickness (AMS), high altitude cerebral edema (HACE) and high-altitude pulmonary edema (HAPE)
- Define types of burn injuries
- Demonstrate a field assessment of a person with a chest injury
- Describe the contents of an adequate wilderness and remote first aid kit, and its uses
- Define the different types of heat-related illnesses
- Describe the mechanisms of heat loss versus heat gain
- Demonstrate a field assessment for injuries to bones and joints
- Define shock and discuss the stages of shock
- Define heart attack
- Define serious bleeding and demonstrate control of bleeding
- Briefly describe the general sequence of events during a submersion (drowning) incident
- Describe how lightning can cause injury and/or death

Length

2 Days - 16 hours

Certification Requirements

- Attend all class sessions
- Participate in all skill sessions and activities
- Demonstrate competency in all observable skills
- Complete the scenarios
- If certification required by employer or organization, pass the optional final written exam with a minimum grade of 80 percent

Certificate Issued and Validity Period

Wilderness and Remote First Aid: 2 years

Participant Products/Materials

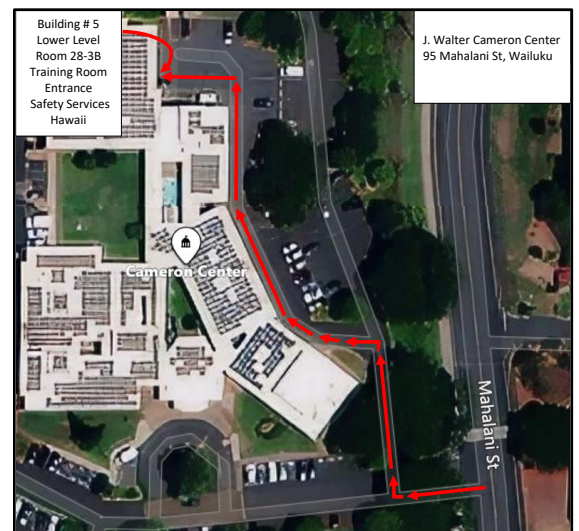
Participants will receive the Wilderness and Remote First Aid Emergency Reference Guide and Pocket Guide Set

CEUs Awarded

1.6

Location of In-person training

Safety Services Hawaii Training Room
95 Mahalani Street,
Building # 5 Lower Level
Wailuku, HI 96793
Room 28-B3



Cancellation and Refunds

A cancellation charge of 10% of the course cost is applied if a student wishes to cancel a course after enrolling. If the cancellation is within one week of course start date, a cancellation charge of 50% of the course cost is applied. If the cancellation is within 48 hours, there is no refund.

Students may request to transfer to a future class. Accommodations for transfer are based on scheduling and availability.

