

Wilderness First Responder

Course Itinerary

Online Coursework

You'll begin by reading the textbook, watching videos and taking chapter quizzes. This takes about 20-30 hours of time and you'll need to finish this before the in-person portion begins.

DAY 1

- Infection Control and PPE
- Patient Assessment
- Shock
- Wounds & bandaging
- Lifting and Moving
- Practice scenarios

DAY 2

- Spine Protection, Packaging, Transport
- Athletic Injuries
- Fracture Management
- Dislocations
- Heat and Hydration
- Hypothermia and Local Cold Injury
- Altitude Illness
- Practice scenarios

DAY 3

- Medical Problems
- Cardiac
- Diabetes
- Anaphylaxis
- Respiratory
- Head Injuries
- CPR
- Practice Scenarios

DAY 4

- Abdominal Pain
- Survival & Transportation (helicopters, SAR, communication)
- Leadership, Teamwork, Communication
- Practice Scenarios

DAY 5

- Chest Injuries
- Documentation
- Lightning
- Snakes, ticks, water disinfection
- Written and Practical Exam
- Course Close