

**Basic Wilderness Life Support WFR**  
**June 10<sup>th</sup> - 15<sup>th</sup> , 2019**  
**Salt Lake City, UT**

Thank you for signing up for the Basic Wilderness Life Support wilderness first responder course in Salt Lake City, Utah. The following includes essential information about the course for those getting their first certification in wilderness medicine.

**Dates:**

June 10<sup>th</sup>-15<sup>th</sup> , 2019

Daily Start Time: 8:00am

**Instruction Location:**

University of Utah

Health Science Education Building

26 S 2000 E

SLC, UT 84112

**Parking:**

Parking permits are available from commuter services at the University of Utah. We recommend a permit, public transportation, or biking. <https://commuterservices.utah.edu>

**Schedule:**

A detailed schedule is at the bottom of this packet. Please note that there will be days that we will go on small hikes or to nearby parks for practice scenarios. This schedule is subject to change based on weather and other factors, but we will give you ample warning prior to any changes.

**Certification Cards:**

After completing the course and practical/written exams, you will receive your certification cards electronically (please allow 2-4 weeks).

**What to bring:**

You'll want to bring your day-pack with your hiking first aid kit along with any materials that you often have with you when in the wilderness (trekking poles, rain jacket, water bottle, etc). We will be going for some small hikes as part of the practical training and you will also want these materials so you can learn how to improvise treatments and evacuation strategies using your own equipment. It will be helpful to have a headlamp or flashlight. As it is a good general practice, we encourage everybody to have the sunglasses, sunscreen, extra clothing, and lots of snacks.

**Simulation clothing**

You will be spending quite a bit of time outside and will likely get very dirty during many of the skills sessions and simulations. Bring clothing appropriate for the weather. It should be tough and old enough to withstand a beating. You will need a notebook, pen, pencil, backpack, water bottle, a pair of heavy hiking socks, and a set of old clothing that may be cut (long sleeved shirt, pair of long pants, and T-shirt. "Cutable" clothing is required for traumatic simulations and practice. Students will be required to wear swimsuits/athletic wear underneath simulation clothing, this base layer will NEVER be removed or tampered with but worked around. It is important that everyone remain comfortable and rescue simulations are carried out in a professional

manner but based on the nature of the training it is important that we are able to expose and assess certain areas. If a lack of professionalism is witness or brought to the attention of the instructor staff WMU reserves the right to immediately dismiss you from the course without a refund and you will be black listed from WMU courses in the future.

## 1. Day One

- a. Morning
  - i. Intro to BWLS
  - ii. Patient Assessment
    - 1. Workshop
- b. Afternoon
  - i. Bleeding and Shock
  - ii. Wound Management
  - iii. Practical Skills
- c. Homework
  - i. Documentation
    - 1. Written SOAP Note (to be turned in)
    - 2. Vital Signs- 5 Sets (to be turned in)

## 2. Day Two

- a. Morning
  - i. Day 1/HW recap/Quiz
  - ii. Head and Spine-Lecture
    - 1. Roll Clinic
    - 2. Moving an Injured Patient
  - iii. Fractures and Dislocation-Lecture
- b. Afternoon
  - i. Fractures and Dislocations
    - 1. Workshop
  - ii. Practical skills
- c. Evening
  - i. CPR
  - ii. Near Drowning
  - iii. Lightning
- d. Homework
  - i. Read: Dive Medicine
  - ii. Psychological Consequences of Wilderness Travel

## 3. Day Three

- a. Morning –
  - i. Group Discussion on Psych
  - ii. Environmental
    - 1. Heat related illness
    - 2. Cold related illness
- b. Afternoon
  - i. Practical Skills
  - ii. Litters and Carries
  - iii. Group projects (Prep time)
    - 1. Eyes
    - 2. Dentistry
    - 3. Water Treatment
    - 4. Skin/Poisoning

## 4. Day 4

- a. Morning
  - i. Thoracic trauma
  - ii. Abdominal Trauma

- iii. Practical Skills
- b. Afternoon
  - i. Group Projects (Prep)
  - ii. Practical Skills scenarios
  - iii. Avalanche
  - iv. Altitude
- c. Homework
  - i. Read: Obstetrical Emergencies
  - ii. Read: Gender Specific
  - iii. Read: Bites and Stings

## 5. Day 5

- a. Morning
  - i. Quiz on Homework
  - ii. Discussion on Quiz/Homework
  - iii. Anaphylaxis and Allergies
  - iv. Heart Lung Diabetes
  - v. Neuro
- b. Afternoon
  - i. Practical Skills
  - ii. Search and Rescue Evacuations
- c. Evening
  - i. Group Project Presentations

## 6. Day 6

- a. Morning
  - i. Law in the Wilderness
  - ii. Survival Activity
  - iii. Review
  - iv. Written Exam
- b. Afternoon
  - i. Practical Skills Examination