

**Wilderness Life Support &
Basic Wilderness Life Support
April 13th - 14th , 2019
Moab, UT**

Thank you for signing up for the Wilderness Life Support first aid and Basic Wilderness Life Support first responder recert course. The following includes essential information about the course for both those getting their first certification as well as for those recertifying.

Instruction Location:

Moab Valley Inn
711 N Main St
Moab, UT 84532
Moab Room

Schedule:

Classes will be held Saturday and Sunday starting at 8 am. A detailed schedule is at the bottom of this packet. Please note that there will be times when we will go outside to do some of our workshops, so have cold weather clothing available. 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 written exam, you will receive your certification cards electronically (please allow 2-4 weeks). WFR recertification students must successfully complete both a written and practical exam including all content, not just the content covered in the course.

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). As part of the practical training you will want these materials so you can learn how to improvise treatments and evacuation strategies using your own equipment. It is also important to note that your clothing may get dirty or stained during the practical skills training so please plan accordingly with a change of clothing.

Thank you for registering and we're looking forward to a great course with all of you!

For more information or questions, contact:

Cedar Coleman
801-706-2554

Wmutah@gmail.com

Day 1

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|---------------|---------------------------------------|
| 8:00 - 8:30 | Registration & Introduction to Course |
| 8:30 - 10:00 | Patient Assessment |
| 10:00 - 11:00 | Bleeding and Shock |
| 11:00 - 12:00 | Wound Management |
| 12:00 - 1:00 | Break |
| 1:00 - 2:00 | Practical Skills |
| 2:00 - 3:00 | Abdominal and Chest Trauma |
| 3:00 - 4:00 | Practical skills |
| 4:00 - 5:00 | CPR |
| 5:00 - 5:30 | Break |
| 5:30 - 6:30 | Near Drowning & Lightning |
| 6:30 - 8:00 | Practical skills |

Day 2

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|---------------|--|
| 8:00 - 9:00 | Hot & Cold Related Injuries |
| 9:00 - 10:00 | Musculoskeletal Injuries |
| 10:00 - 11:00 | Fractures & Improvised Splinting |
| 11:00 - 12:00 | Practical skills |
| 12:00 - 1:00 | Lunch |
| 1:00 - 2:00 | Head & Spine Injuries, Spinal Immobilization |
| 2:00 - 3:00 | Improvised Litters & Carries |
| 3:00 - 4:00 | Bites and Stings, Anaphylaxis & Allergies |
| 4:00 - 5:00 | Chest & Abdominal Medical |
| 4:00 - 5:00 | Practical Skills |
| 5:00 - 5:30 | Wilderness Medical Kits |
| 5:30 - 6:00 | Written Exam- End of WFA |
| 6:00 - 9:00 | Practical Examinations for BWLS-Recert |

