



OUTDOOR ADVENTURE CORPS

32 Hope Road • Cranston, RI 02921 • 866-989-HIKE (4453)

WILDERNESS FIRST AID COURSE OUTLINE

1. Adult one-person CPR and Airway Management*
2. Types of Delayed-help Situations
3. Emergency Action Steps – Check, Call, Care – in these situations
4. Checking the scene, patient, and resources
5. Contacting help
6. Caring for the patient long term
7. Patient assessment and Record
8. Preventing Disease Transmission
9. Prioritizing Care
10. Treatment of injuries such as:
 - Wounds
 - Head and Spinal Injuries
 - Extremity Injuries
 - Abdominal Injuries
 - Sudden Illnesses
 - Major Bites and Stings
 - Other types of backcountry miseries
11. Carrying Out the Plan
12. Deciding to Evacuate

Infant and child CPR will **NOT be covered. In CPR protocol, an adult is anyone the age of 12 or older, which includes most individuals involved in wilderness outdoor activities. Certification in this is optional and at additional cost.*

There will about ten mini-practice sessions. There will be at least two complex scenarios and two mass casualty scenarios (one where the student will be a casualty and one where they will be the rescuer).

All participants must be in good health and prepared to participate as if in a backwoods environment. You need to bring typical camping & backpacking gear to fully participate. If you do not have all the gear, some may be able to be provided. If you do not have this gear, please make sure you inform the course director well in advance to make arrangements.

This course is open to adults 18+ and to youth age 15+ who are members of outdoor youth groups.