



Wilderness Remote First Aid

What: Wilderness Remote First Aid (+ Advanced extra day option)

Where: Halifax Regional Search & Rescue Headquarters, 860-1638
116 Lakeview Rd., Lakeview, Nova Scotia (5 min. east of Sackville)

When: Fri. 9:00 am - 5:00 pm (+ homework)

Sat. 8:00 am – overnight (camping)

Sun. 8:00 am - 5:00 pm

(Advanced optional day) Mon, 9:00 am - 5:00 pm

Cost: \$195.00 (plus HST) (\$295 for Advanced WRFA - extra day)

Instructors: Blair Doyle, Email: adventure@eastlink.ca

902-222-0868 (cel) or 902-434-9122 (h)

To Register: Send check or money order deposit to address on registration form.

The overnights: Come prepared to stay outdoors given the time of year. If conditions or camping ability warrants we can stay at the base indoors.

Prepare: Suggested what to bring attached. This will be a very active and experiential approach to learning. Come prepared with lots of physical and mental energy.



Meals can be brought with you or you can scoot into Sackville only 5 minutes away. A small kitchen is available at the base. (Sorry, no showers though)

The minimum age to participate is 12 years of age - all individuals under 16 years of age must be accompanied by a registered adult.

Up to date WEBSITE info: www.WRFA.ca

Wilderness Remote First Aid

This will be a practical based 20 hour course designed for individuals who will be participating in wilderness activities within hours or days of advanced medical care. This course will enable participants to have an appreciation for the realities of providing First Aid in a Wilderness/ Remote Environment. Emphasis will be on practical skills, decision making and dealing with the outdoors.

Introduction

Wilderness First Aid vs. Urban First Aid

Principle Body Systems - Homeostasis

Shock & Backcountry Management of Shock

Emergency Action Principles

- Accessing E.M.S.
- Primary Survey

Obstructed Airways (Adult, Child, Infant)

CPR (Adult, Child, Infant)

CPR in the wilderness

Secondary Survey

- Assessment & SOAPing

First Aid kits and Supplies

Soft Tissue Injuries

- Wounds & Cleaning
- Burns/ Blisters

Environmental Emergencies

- Thermoregulation - Hypothermia and Hyperthermia
- Cold Related Injuries
- Water Related Injuries
- Lightning

Head and Spinal Cord Injury Management

- Immobilization and Evacuation Issues

Minor Head Injuries

- Eyes, Ears, Nose, Mouth, Dental

Musculoskeletal Injuries

- Sprains, Strains, Fractures
- Reduction and Improvised splinting

Medical Conditions

- Poisoning, Allergic reactions
- Seizures, Diabetes, Stroke
- Gastrointestinal vs. Acute Abdominal

Backcountry water disinfecting

Second Aid and Evacuation

Course Debriefing and Knowledge Challenge

Survival Pack Contents List

A lot of Search and Rescue teams have a standard survival pack to be carried by members while on search. This is placed here as a “**suggested**” what to have and to encourage participants in the Wilderness and Remote First Aid courses to have at least the "X'd" items in their packs. You are recommended to "test" any gear that you would have with you in the back of beyond within the safety of a course!

“Everything you have with you should have three uses, one of which is First Aid”

Sustenance

- 2 Litre of water
- Quick High Energy Food (bars, hard candy, G.O.R.P., Boost, etc.)
- Hot Food (Soup Mix, Hot Coca, etc.)

Attention Getting Equipment

- Whistle (non-metallic, no bead)
- 2 roles of Flagging
- Metal Mirror (on compass?)
- 10" x 10" Aluminum Foil

Basic Survival Gear

- Knife
- First Aid kit
- Extra Compass
- Extra Socks
- Extra Warm Hat
- WATERPROOF Rain Gear
- Extra Clothing (given the conditions)
- Hatchet or Small Saw
- Extra Small Flashlight (can fit into mouth)
- Extra Flashlight Batteries

- Extra Flashlight Bulb
- Matches/Lighter (Waterproofed)
- Toilet Paper
- Garbage Bag (Orange)
- Extra Gloves or Mitts
- Firestarter
- Metal Mug & Spoon (cooking!)
- Water Purification Tablets
- 2 Safety Candles (2" in diameter)

Sheltering Equipment

- 8x10 Tarp (polypropylene, drop cloth, etc.)
- All Weather Solar Blanket
- Rope or Parachute Cord (50' preferred)

Basic Gear

- Sturdy WATERPROOF boots (covering ankle and heel with sealed tongue)
- Proper attire given the conditions (gloves, hat, long johns, etc.)
- Something orange beyond a hat
- Working sturdy flashlight (plus extra batteries & bulb)
- Orienteering Compass
- Notebook, pencil and pencil sharpener
- Zip Lock Baggies (for Map and Radio/ Phone)
- If carrying a Radio/ Celphone or GPS, get extra batteries

Optional Gear Suggestions:

Binoculars, Sun block, Lip Medication, Safety glasses or Snow Goggles, Ice cleats, Helmet, Throw bag, Snow shoes / ski poles, plus any item you deem essential

Overnight Camping Gear: be prepared for the season - tenting is the norm, stove, lantern, etc. optional. We are only 5 - 10 min. away from the base.