

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)

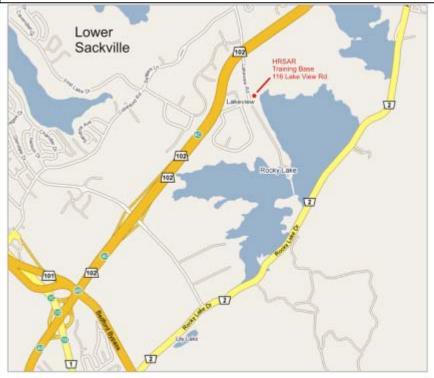
To Register: Send check or money order deposit to address on registration form.

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	Attention Getting Equipment
X2 Litre of water	XWhistle (non-metallic, no bead)
Quick High Energy Food (bars, hard candy,	2 roles of Flagging
G.O.R.P., Boost, etc.)	Metal Mirror (on compass?)
Hot Food (Soup Mix, Hot Coca, etc.)	X10" x 10" Aluminum Foil
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Basic Survival Gear	
X Knife	Extra Flashlight Bulb
X First Aid kit	XMatches/Lighter (Waterproofed)
Extra Compass	XToilet Paper
Extra Socks	Garbage Bag (Orange)
X Extra Warm Hat	Extra Gloves or Mitts
X WATERPROOF Rain Gear	Firestarter
XExtra Clothing (given the conditions)	Metal Mug & Spoon (cooking!)
Hatchet or Small Saw	Water Purification Tablets
Extra Small Flashlight (can fit into mouth)	2 Safety Candles (2"in diameter)
Extra Flashlight Batteries	,
Sheltering Equipment	
_X8x10 Tarp (polypropylene, drop cloth, etc.)	
All Weather Solar Blanket	
_XRope or Parachute Cord (50' preferred)	
Basic Gear	
_XSturdy WATERPROOF boots (covering ankle a	and heel with sealed tongue)
_XOtdray WATER ROOF boots (covering affice and freel with sealed tongue) _XProper attire given the conditions (gloves, hat, long johns, etc.)	
Something orange beyond a hat	
Something drange beyond a nat _XWorking sturdy flashlight (plus extra batteries & bulb)	
Orienteering Compass	
_XNotebook, 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.