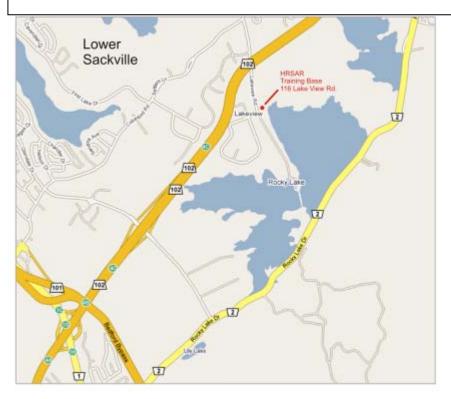


What: Wilderness Remote First Aid (+ Advanced extra day option)
Where: Halifax Regional Search & Rescue Headquarters, 860-1638 116 Lakeview Rd., Lakeview, Nova Scotia (5 min. east of Sackville)
When: Day 1 9:00 am - 5:00 pm (+ homework) Day 2 8:00 am - overnight (camping) Day 3 8:00 am - 5:00 pm (Advanced optional day ) Day 4, 9:00 am - 5:00 pm

Instructors: Blair Doyle, Email: <u>adventure@eastlink.ca</u> 902-222-0868 (cel) 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 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

Principle Body Systems - Homeostasis Shock & Backcountry Management of Shock Emergency Behaviour 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 <u>recommended</u> 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

- \_\_X\_\_2 Litre of water
- \_\_\_\_Quick High Energy Food (bars, hard candy,
  - G.O.R.P., Boost, etc.)
- \_\_\_\_Hot Food (Soup Mix, Hot Coca, etc.)

## **Basic Survival Gear**

- \_X\_\_\_Knife
- \_\_\_X\_\_First Aid kit
- \_\_\_\_Extra Compass
- \_\_\_\_Extra Socks
- \_X\_\_\_Extra Warm Hat
- \_\_X\_\_WATERPROOF Rain Gear
- \_\_\_X\_\_Extra Clothing (given the conditions)
- \_\_\_\_\_Hatchet or Small Saw
- \_\_\_\_Extra Small Flashlight (can fit into mouth)
- \_\_\_\_Extra Flashlight Batteries

## **Attention Getting Equipment**

- \_\_\_X\_\_Whistle (non-metallic, no bead)
- \_\_\_\_2 roles of Flagging
- \_\_\_\_Metal Mirror (on compass?)
- \_\_\_X\_\_10" x 10" Aluminum Foil
  - \_\_\_\_Extra Flashlight Bulb
- \_\_\_X\_\_Matches/Lighter (Waterproofed)
- \_\_\_X\_\_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

- \_X\_\_\_8x10 Tarp (polypropylene, drop cloth, etc.)
- All Weather Solar Blanket
- X\_\_\_\_Rope or Parachute Cord (50' preferred)

## **Basic Gear**

- \_X\_\_\_Sturdy WATERPROOF boots (covering ankle and heel with sealed tongue)
- \_X\_\_\_Proper attire given the conditions (gloves, hat, long johns, etc.)
- \_\_\_\_\_Something orange beyond a hat
- \_X\_\_\_Working sturdy flashlight (plus extra batteries & bulb)
- \_\_\_\_Orienteering Compass
- \_X\_\_\_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.