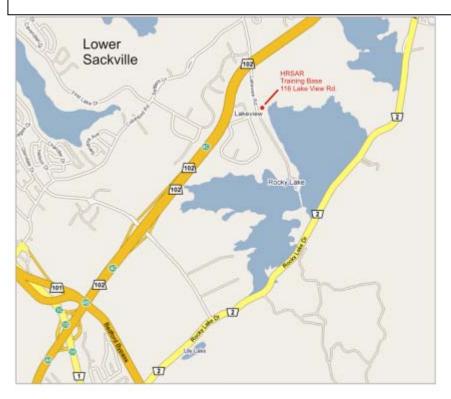


What: Wilderness Remote First Aid (+ Advanced extra day option)
Where: Halifax Regional Search & Rescue Headquarters, 860-1638 116 Lakeview Rd., Lakeview, Nova Scotia (5 min. east of Sackville)
When: Day 1 9:00 am - 5:00 pm (+ homework) Day 2 8:00 am - overnight (camping) Day 3 8:00 am - 5:00 pm (Advanced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