



Wilderness Remote First Aid

What: Wilderness Remote First Aid for Cumberland Rec – May 14 – 16, 2021

Where: Geological Museum, Parrsboro, NS

When:

Fri	Day one	630 pm to 930 pm
Sat	Day two	830 am to 5 pm & 6 – 10 pm
Sun	Day three	830 am to 5pm

Reg: <http://adventureandsafety.ca/event-registration/?ee=391>

Contact: Carolyn Bollwerk, Cumberland Rec - 902-254-2036 - cbollwerk@cumberlandcounty.ns.ca

Instructor: Blair Doyle **Email:** adventure@eastlink.ca, C – 902-222-0868 - www.WRFA.ca

Prepare: Suggested what to bring attached. This will be an active and experiential approach to learning. Come prepared with lots of physical and mental energy, 70 % or more of the course is taught in the outdoors through scenarios and skill practice. Bring a watch!

Field component on the 15th & 16th will be held at Ottawa House, a 5 minute drive south of Parrsboro.

Food: BYOF



Wilderness and Remote First Aid

This will be a practical based 3 day 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.

- Day/Evening One Introduction**
Wilderness First Aid vs. Urban First Aid
Principle Body Systems - Homeostasis
Shock & Backcountry Management of Shock
Assessment & Decision Making
 - Accessing E.M.S.
 - Primary Survey
- Day Two**
Obstructed Airways (Adult, Child, Infant)
CPR (Adult, Child, Infant)
CPR in the wilderness
Secondary Survey
 - Assessment & SOAPing**Breathing and Heart Emergencies**
First Aid kits and Supplies
Soft Tissue Injuries
 - Wounds & Cleaning
 - Burns/ Blisters**Improvised Evacuation and Carries**
Environmental Emergencies
 - Thermoregulation - Hypothermia and Hyperthermia
 - Cold Related Injuries
 - Water Related Injuries
 - Lightning
- Day Three**
Head and Spinal Cord Injury Management
 - Spinal restriction 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**
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 bring**” to encourage participants in the Wilderness and Remote First Aid course to have the "X 'd" items in their packs for the course. You are recommended to "test" any gear that you would have with you in the back of beyonds! **“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
- Fire starter
- 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/ Cell phone 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

If overnighting - Camping Gear: be prepared for the season – *tenting is the norm, some can stay in the cabin, stove, lantern, etc. optional.*