



Wilderness Remote First Aid

What: Wilderness Remote First Aid for SeaKayakers

Where: East Coast Outfitters, Prospect

When: Fri. Jun 3 9:00 am - 5:00 pm – start at the Prospect Comm Ctr

Sat. Jun 4 8:00 am – overnight (island - camping)

Sun. Jun 5 8:00 am - 5:00 pm

Cost: \$250 and recert \$150 (+ hst)

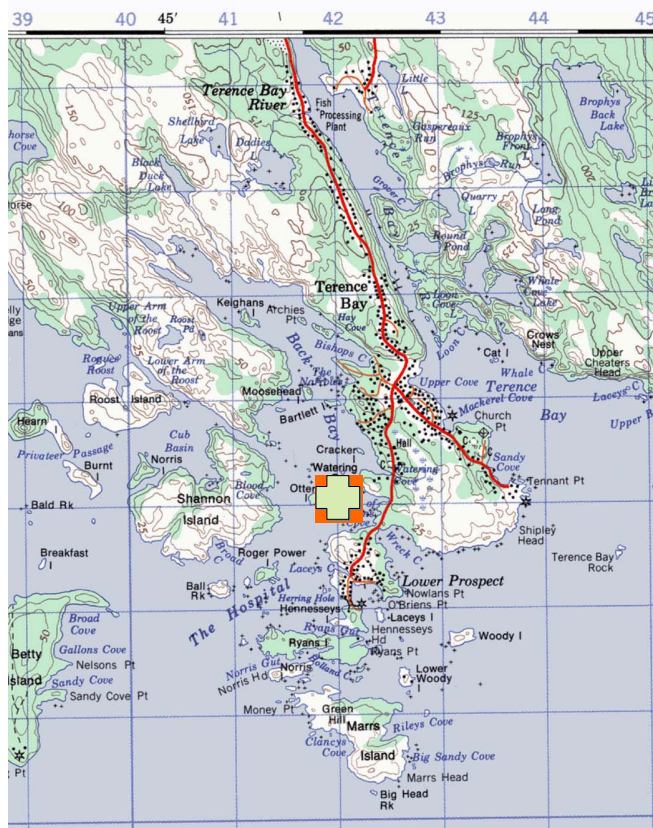
To Register: <http://adventureandsafety.ca/event-registration/?ee=444>

Contacts : Adam at ECO - adam@eastcoastoutfitters.com

Blair Doyle - Email: adventure@eastlink.ca 902-222-0868 (cel)

The overnights: Come prepared to be outdoors for kayaking camping

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 are to be brought with you or you, plan to be on site within the stated timeframes. We will be staying on an island overnight Sat. so come prepared to sea kayak and camp and cook to eat

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.

Day One

Intro's and Mindset

Wilderness First Aid vs. Urban First Aid

Principle Body Systems - Homeostasis

Assessment & Decision Making

- Accessing E.M.S.
- Primary Survey

Obstructed Airways (Adult, Child, Infant)

CPR/AED (Adult, Child, Infant)

CPR in the wilderness

Day Two

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
- Immersion & Cold Related Injuries
- Lightning

Day Three

Head and Spinal Cord Injury Management

- Spinal Motion Restriction

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

Backcountry water disinfecting

Second Aid and Evacuation

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.