



# Wilderness Remote First Aid

**What:** Wilderness Remote First Aid in Yarmouth – Apr 14-16, 2023

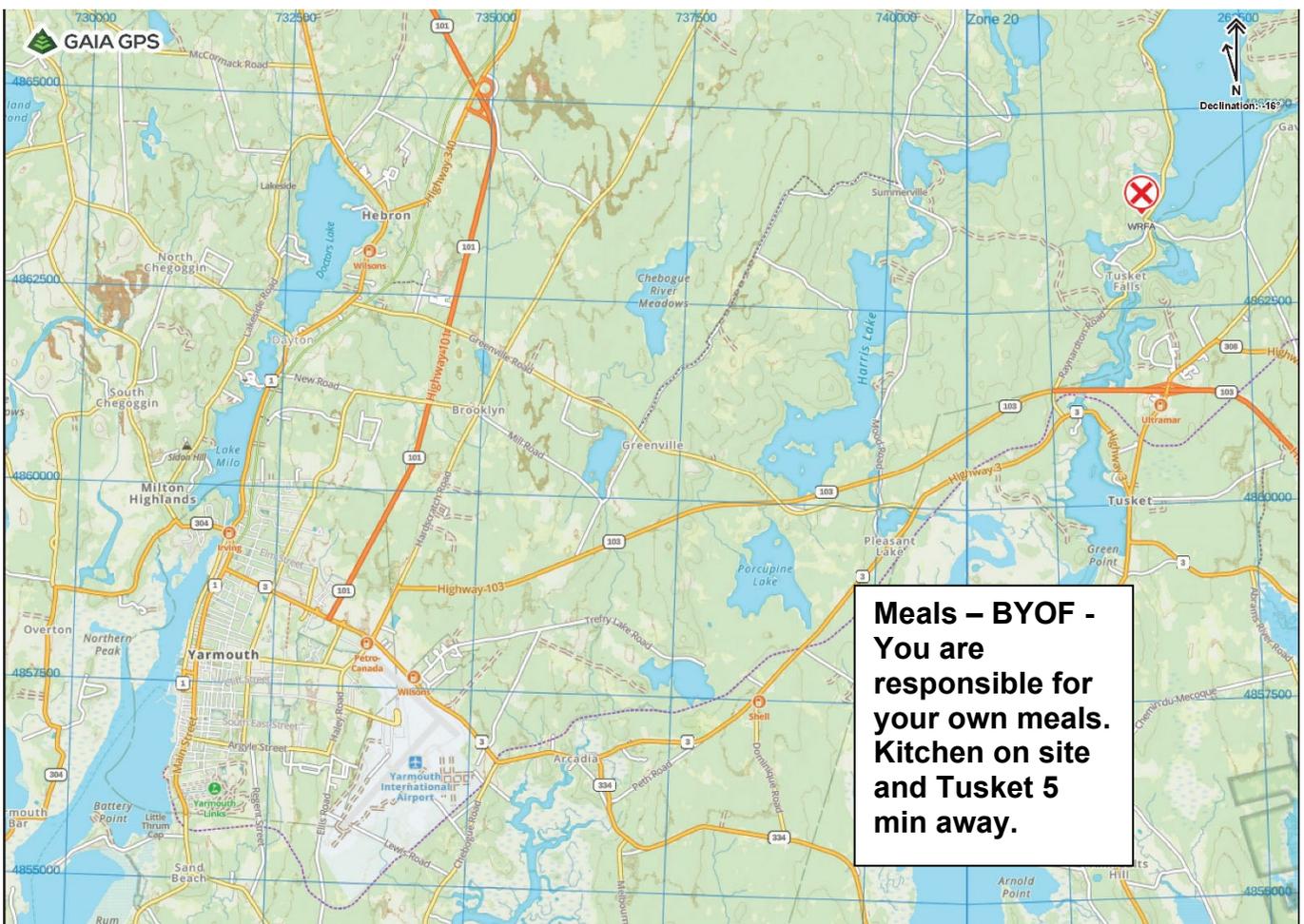
**Where:** Lake Vaughn Fire Hall, 617 Raynardton Rd, Tusket, NS B0W 3M0

**When:** Fri 8:30 am - 5:00 pm  
Sat 8:30 am - 5:00 pm 6 – 9-ish pm  
Sun 8:30 am - 5:00 pm

**Register:** <http://adventureandsafety.ca/event-registration/?ee=524>

**Instructors:** Blair Doyle, Email: [adventure@eastlink.ca](mailto:adventure@eastlink.ca) 902-222-0868 (cel)

**Prepare:** This will be a very active and experiential approach to learning. Come prepared with lots of physical and mental energy. Half the program or more will be outside regardless of weather, so come prepared to with whatever you would normally **wear and carry with you** in your remote circumstances and we will see if it is useful or useless when solving a remote emergency. Bring a wristwatch - or an ability to get time other than your phone.... ;-)



# 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

### 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

### Accessing EMS

## Day Two

### 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

## Day Three

### Head and Spinal Cord Injury Management

- Spinal Motion 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

### 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 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