

Wilderness Remote First Aid

What: Wilderness Remote First Aid for Cumberland Rec - May 31 June 2, 2024

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

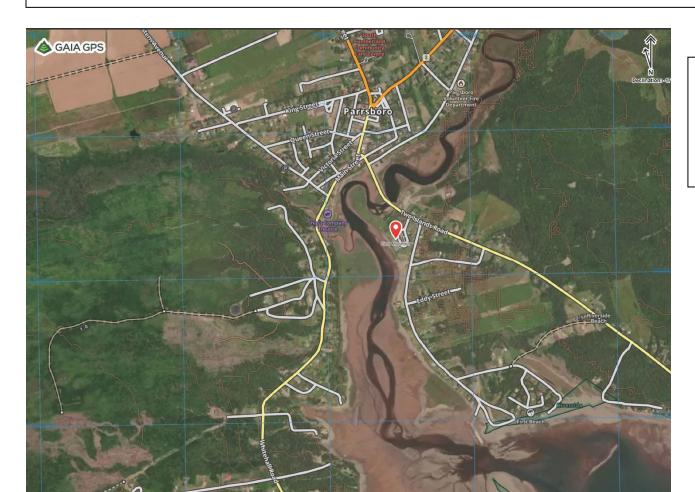
Reg: http://adventureandsafety.ca/event-registration/?ee=588

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!



Meals : 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

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

Day Two

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

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	Attention Getting Equipment
X2 Litre of water	X Whistle (non-metallic, no bead)
Quick High Energy Food (bars, hard candy,	2 roles of Flagging
G.O.R.P., Boost, etc.)	Metal Mirror (on compass?)
Hot Food (Soup Mix, Hot Coca, etc.)	X10" x 10" Aluminum Foil
Basic Survival Gear	
_X Knife	Extra Flashlight Bulb
X_ First Aid kit	X Matches/Lighter (Waterproofed)
Extra Compass	X Toilet Paper
Extra Socks	Garbage Bag (Orange)
_X Extra Warm Hat	Extra Gloves or Mitts
X WATERPROOF Rain Gear	Fire starter
X Extra Clothing (given the conditions)	Metal Mug & Spoon (cooking!)
Hatchet or Small Saw	Water Purification Tablets
Extra Small Flashlight (can fit into mouth)	2 Safety Candles (2"in diameter)
Extra Flashlight Batteries	
Sheltering Equipment	
_X8x10 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 Sturdy WATENFROOF boots (covering arrive _X Proper attire given the conditions (gloves, ha	
Something orange beyond a hat	t, long joins, etc.)
Working sturdy flashlight (plus extra batteries	: & hulh)
Orienteering Compass	o & Buildy
X Notebook, pencil and pencil sharpener	
Zip Lock Baggies (for Map and Radio/ Phone)	
If carrying a Radio/ Cell phone or GPS, get ex	
n carrying a readic, con priorite or or o, get ox	

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.*