

## Wildness First Aid Outline

- Wilderness First Aid
- Protecting Yourself
- Legal Considerations
- Getting Help
- Moving and Lifting
- Scene Assessment
- Initial (Primary) Assessment
- Focused (Secondary) Assessment
- Scenario Practice — Assessment
- Shock
- Control of Bleeding
- Major Wounds
- Facial Injuries
- Minor Wounds
- Cleaning, Closing, and Dressing Wounds
- Burns
- Scenario Practice — Sudden Injury I
- Head, Neck, or Back Injuries
- Musculoskeletal Injuries
- Extended Injury Management
- Scenario Practice — Sudden Injury II
- Altered Mental Status
- Breathing Difficulty, Shortness of Breath
- Abdominal Problems
- Pain, Severe Pressure, or Discomfort in Chest
- Poisoning
- Scenario Practice — Sudden Illness
- Heat Emergencies
- Cold Emergencies
- Bites and Stings

- Submersion (Drowning)
  - Lightning Strikes
  - Altitude Illnesses
  - Scenario Practice — Environmental Emergencies
  - Emotional Considerations
  - First Aid Kits
  - Protection from the Elements
  - Water and Food
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- **Duration:** 2 Days
  - **Exam:** 30 – 90 min