

Wilderness First Responder Standard Course



Wilderness First Responder (WFR) is the definitive course in medical training for outdoor educators, guides, SAR team members, and others who work or play in remote areas. The curriculum is comprehensive and practical, including all of the essential principles and skills required to assess and manage medical problems in isolated and extreme environments. This course is offered in a 7 or 8 +1 day format.

course summary

WILDERNESS MEDICINE

Wilderness Medicine differs significantly from conventional EMS courses and other programs that are oriented toward the urban environment. This course teaches what to do with a medical emergency when help is miles away and calling 911 isn't an option. We prepare students for emergency situations that involve prolonged patient care, severe environments and improvised equipment.

WHY CHOOSE WILDERNESS MEDICAL ASSOCIATES®?

Wilderness Medical Associates® has been setting the highest standard for medical training in wilderness and rescue medicine since 1981. We are the only company in this field with a practicing emergency room physician as President and Medical Director. Dr. David Johnson's nearly 30 years of emergency medical and backcountry experience provide a depth of expertise that translates into a cutting edge curriculum.

Our team of exceptional instructors are medical professionals with significant patient care experience as well as substantial backcountry resumes. All have been through a rigorous selection and training process. We demand the best, and we get them.

The curriculum is continuously updated and refined. We search the literature and draw from field experience to create the most useful training possible for medical care in difficult and dangerous places. Our emphasis on understanding body systems and medical principles gives students the skills and confidence to adapt and respond. Once an individual has taken one of our courses, he or she will remember and *understand* what needs to be done.

Our courses are preferred by such organizations as Outward Bound, The National Park Service, and the FBI. As *Canoe Magazine* stated, "Wilderness Medical Associates has become the *de facto* standard in wilderness medical training."

CLASS FORMAT

The Standard Wilderness First Responder course is presented in 70 hours over seven or eight days. The course sponsor may add a day off on the eight day course bringing the total on-site time to nine days. Typically, mornings are devoted to classroom lecture and discussion with afternoons used for outdoor practical skills and scenarios. Evenings are reserved for study and assignments. Expect rescue scenarios with made-up victims and simulated wounds to prepare you for backcountry emergencies. Sessions may be videotaped for enhanced learning.

PREREQUISITES

Students must be at least sixteen years old to participate in the standard WFR course. Those under 18 years of age will require the written consent of a parent or guardian. Certain course sponsors may set a higher minimum age or establish other requirements consistent with their program. No previous medical training is required. (*continued on back*)

In US: 1-888-WILDMED www.wildmed.com
In Canada: 1-877-WILDMED www.wildmed.ca

"Excellence in wilderness medical training since 1981"





COURSE SPONSORS AND INSTRUCTORS

Wilderness Medical Associates'® courses are offered by a variety of sponsors in the US and abroad. Sponsors may set rules regarding parking, dogs, the use of alcohol, and other site-specific issues. The course sponsor sets the tuition and provides the classroom and any housing or meals that may be included. All courses are taught by WMA™ instructors who have been through our rigorous selection and training process and adhere to our course standards and curriculum.

TEXTBOOKS

All teaching materials are provided by Wilderness Medical Associates® at no additional cost. This includes the WMA™ textbook, case studies workbook, field guide, lecture notes, and handouts.

COMPLETION AND GRADES

Successful completion with certification is based on 100% attendance, satisfactory performance on homework assignments and written quizzes, demonstrated proficiency with practical skills and a grade of 80% or better on final written exam. Wilderness Medical Associates® is committed to making reasonable accommodation to any student with special needs.

CERTIFICATION

All eligible students who successfully complete the course will receive Wilderness Medical Associates'® Wilderness First Responder, Anaphylaxis, and BLS/Healthcare Provider-level CPR certification. These certifications remain valid for three years. This certification can be used to challenge the DOT First Responder Exam, which is at the discretion of the local or state EMS authorities.

RECERTIFICATION

Recertification can be earned at anytime during the three years following your course, but no later than the last day of the month in which your original certificate expires. Recertification options include the 36-hour Wilderness Advanced First Aid Course, the 36-hour Bridge Course, the 24-hour Open Recertification Course, or the 16-hour WMA™ Recertification Course.

WHAT TO BRING

Bring appropriate clothing for the location and time of year. Remember that, rain or shine, much of our time is spent outside. You will also need pens and a notebook. See our Student Handbook and speak with the sponsor for more information.

WFR STANDARD COURSE CONTENT

Patient Assessment System

Environmental Topics: Bites and Stings; Altitude and Diving; Hypothermia, Frostbite and Cold Injury; Thermoregulation; Lightning; Near Drowning

Musculoskeletal Systems: Fractures; Dislocations; Stable Injuries; Splints-Extremities and Spine; Spine Injuries

Practical Skills: Infection Control; Lifting, Moving and Extrication; Medical Emergencies; Litter Packaging and Carries; Improvised Litters, Patient Carries; Search and Rescue; Personal Preparedness

Critical Systems: Anatomy and Physiology; Respiratory System; CPR; ALS/BLS I and II; Circulatory System; Nervous System; Allergies and Anaphylaxis

Other: Wounds; Burns; Principles of Trauma; Emergency Childbirth; Toxins; Backcountry Medicine; Medical and Legal Issues



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