

# **WILDERNESS EMERGENCY CARE PROGRAM**

Wilderness Emergency Care is a program that trains and certifies people to cope with wilderness hazards and emergencies. This course is designed to meet the needs of a variety of outdoor enthusiasts. Previous participants have been involved in sailing, kayaking, hiking, camping, and recreational sports. While the focus of the training is on wilderness situations, the skills that we teach can be used in urban situations as well. The Wilderness Emergency Care program combines interactive lectures with a hands on approach to learning the first aid skills. The “core learning” comes from scenarios where students work in teams by applying their knowledge to a wilderness emergency. At the completion of the course each participant will have a better understanding of the following topics.

## **COURSE TOPICS**

- Vital systems and shock
- Wounds, burns, bleeding control, and infection
- Patient Assessment
- Bones and joints, mechanisms of injury
- Fractures and splinting
- Treating sprains
- Assessing head and spinal injuries
- Eye and face injuries
- Chest and abdominal injuries
- Medical problems in the wilderness
- Heat exposure and heat illness
- Hypothermia
- Frostbite
- Altitude Illness
- Lightning
- Sunburn
- Mosquitoes, ticks and disease
- Spiders, bees, and wasps
- Anaphylaxis
- Hazardous animals
- Hazardous plants

The course will cover five major units that include: environmental emergencies, wilderness wound and burn care, biological hazards, bone and joint injuries, and other traumatic injuries. Part of this class is outside and participants must dress appropriately. At the completion of the course participants will receive a certification card from the American Safety & Health Institute that is valid for 3 years.