

# Wilderness and Remote First Aid

## Wilderness and Remote First Aid

Course length: 16 hours

Minimum students: 8

Minimum Age: 14 yrs

Cost: \$105.00/student



Accidents



Open wounds



Burns



**Geared for  
Co-ops**

**Includes all  
learning materials  
(except paper/pencil)**

Meets  
OSHA  
Guidelines

Pre-requisite for  
Wilderness and Remote  
First Aid

**2year  
Certifications**



## CPR /AED Adult

Course length: 4 ½ hours

Minimum students: 6

Cost: \$50.00/student



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## High School Credit (60 hours)

### Wilderness and Remote First Aid & CPR/AED-Adult

**Course length:** (Hours can be customized to fit other schedules)

- 20-24 one hour class periods *plus*
- 4-6 hour field day
- Homework (1 hr for every hr in class)

**Minimum students: 8**

**Minimum Age: 14 yrs**

**Cost: \$195.00/student**



#### Course Description

- This class is very interactive. Students will practice on manikins, each other and maybe volunteers.
- The Field day is a must, and will take place no matter what the weather is like.

#### Topics Covered:

Emergency Recognition • To Minimize disease transmission  
Checking a victim- Conscious/unconscious • Choking victim  
Rescue Breathing • Cardiac Emergencies • Injury Prevention  
When help is delayed • Initial/Secondary assessment  
Soft tissue injuries • Sudden illness Muscles, bones, and joints  
injuries • Poisoning • Team work • Anaphylaxis/Epi-pen  
Hot /Cold related emergencies • Water purification  
Altitude sickness • Special situations and Circumstances

#### Teaching techniques used:

- Lecture
- Hands on practice
- Staged accidents
- Homework