

# NOLS WILDERNESS MEDICINE

---

## Wilderness First Aid Course Schedule – 3 Day

May 2019

### DAY 1

#### Morning

Patient Assessment System

#### Afternoon

Emergency and Evacuation Plans

Spine Injury

Head Injury

Shock

### DAY 2

#### Morning

Wilderness Wound Management

Focused Spine Assessment

Musculoskeletal Injury

#### Afternoon

Heat Illness

Cold Injury

Lightning

Altitude Illness

### DAY 3

#### Morning

Chest Pain, Abdominal Pain

Shortness of Breath, Altered Mental Status

Anaphylaxis

#### Afternoon

CPR