Wilderness First Responder Course Schedule

May 2020

DAY 1
Morning
Infection Control and Personal Protective Equipment
Patient Assessment System
Afternoon
Patient Assessment System Documentation
Readings: Ch 1

DAY 2
Morning
Chest Injury
Shock
Afternoon
Spine and Spinal Cord Injury
Lifting and Moving
Spinal Protection & Litter Packaging
Readings: Ch 2, 3, 4

DAY 3
Morning
Focused Spine Assessment
Head Injury
Afternoon
Athletic Injury
Fracture Management
Pain Management in the Wilderness
Evening
Dislocations
Readings: Ch 4, 5, 6

DAY 4
Morning
Wilderness Wound Management
Afternoon
Heat and Hydration
Hypothermia, Frostbite and Non-Freezing Cold Injury
Readings: Ch 7, 8, 9, 10, 23

DAY 5
Morning
Altitude Illness
Bites and Stings
Lightning
Afternoon

Submersion
Leadership, Teamwork, Communication
Stress First Aid
Readings: Ch 11, 12, 13, 14, 26

DAY 6-DAY OFF

DAY 7
Morning
Cardiac
CPR
Afternoon
CPR
Respiratory
Altered Mental Status
Readings: Ch 17, 19

DAY 8
Morning
Acute Abdomen
Allergies and Anaphylaxis
Afternoon
Diabetes
SAR, Evac and Emergency Plans
Evening
Mock Rescue
Readings: Ch 16, 18, 19, Appendix B

DAY 9
Morning
Wilderness Drug and First Aid Kits
Decision-making
Mental Health
Poisoning
Dental
Afternoon
Communicable Disease
Urinary and Reproductive
Medical Legal
Readings: Ch 12, 20, 21, 22, 27, 28, 29

DAY 10
Morning
Written and Practical Exams
Afternoon
Written and Practical Exams
Closing Ceremony

Textbook: NOLS Wilderness Medicine