

# NOLS WILDERNESS MEDICINE

## 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