

NOLS WILDERNESS MEDICINE

Wilderness Advanced First Aid Course Schedule

DAY 1

Morning

Infection Control and PPE
Patient Assessment System

Afternoon

Emergency Procedures
Spine Injury Management
Shock
Chest Injury

DAY 4

Morning

Cardiac Emergencies
CPR

Afternoon

Respiratory Emergencies
Altered Mental Status
Diabetes
Allergy and Anaphylaxis

DAY 2

Morning

Focused Spine Assessment
Head Injury
Wilderness Wounds

Afternoon

Athletic Injury
Fractures
Dislocations

DAY 5

Morning

Abdominal Issues
Urinary and Reproductive
Poisoning
Communicable Disease
Medical Legal Issues
Wilderness First Aid Kits

Afternoon

Written and Practical Exams
Closing and Cleanup

DAY 3

Morning

Stress Injury
Cold Injury
Submersion
Heat and Hydration

Afternoon

Altitude Illness
Bites and Stings
Lightning