

NOLS WILDERNESS MEDICINE

Wilderness First Aid Course Schedule

DAY 1

Morning

- Infection Control and Personal Protective Equipment
- Patient Assessment System

Afternoon

- Emergency and Evacuation Plans
- Spine Injury
- Head Injury
- Shock

DAY 2

Morning

- Wilderness Wound Management
- Musculoskeletal Injuries

Afternoon

- Musculoskeletal Injuries continued
- Heat Illness
- Cold Injury
- Chest Pain, Abdominal Pain
- Shortness of Breath, Altered Mental Status
- Anaphylaxis

Extra Half Day

CPR will be covered in an additional 4 hour block. Please see course logistics or contact the course sponsor for specific scheduling.