

# NOLS WILDERNESS MEDICINE

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## Wilderness First Responder Course Schedule

### DAY 1

#### **Morning**

Infection Control and PPE  
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 (no day off on 9 day WFR)

### DAY 7

#### **Morning**

Cardiac  
CPR

#### **Afternoon**

CPR  
Respiratory  
Altered Mental Status

*Readings: Ch 17, 19, 20*

### 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**

Practice & Review Scenarios  
Written and Practical Exams

#### **Afternoon**

Written and Practical Exams  
Closing Ceremony

Textbook: NOLS Wilderness Medicine