

# **NOLS WILDERNESS MEDICINE**

## **Wilderness First Aid Course Schedule**

February 2021

### **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 Injury

#### **Afternoon**

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.

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