



Wilderness First Aid (WFA) Syllabus

Course Content

- Two-hour Zoom course with hands-on instruction of practical skills
- 30 additional hours of wilderness medicine podcasts and instructional videos with the University of Utah School of Medicine
- Basic Wilderness Life Support textbook
- Certification Exam (requires >70% correct) to pass

1. Zoom Course Content

Core Skills Patient Assessment and BLS

- Evaluate the scene
 - Assess for safety and causes, emphasizing personal and team protection
 - Perform a Primary Survey (Identify and treat life threats)
 - o Respiratory System
 - Manually open, maintain and protect an airway with standard BLS technique and the recovery position.
 - Provide adequate ventilations by mouth to mask.
 - o Circulatory System
 - Assess for pulse and signs of life, administer chest compressions, and use AED if available.
 - Emphasize early, uninterrupted chest compressions for those with limited CPR training.
- *Practical Skill: Control serious bleeding with well-aimed direct pressure, pressure/clot enhancing bandage.
- *Practical Skill: Tie a tourniquet.

- o Nervous System

- Assess Level of Consciousness/Level of Responsiveness (LOC/LOR), identify a potential mechanism for spine injury, protect the spine and minimize movement.

- Monitor and maintain airway control and breathing for people with an impaired LOC/LOR.

- *Practical skill: improvise a neck brace with a rolled-up jacket

- Perform a Secondary Survey

- o S-A-M-P-L-E as a guide

Common Medical Problems

- Manage blisters (prevention and treatment)

- Manage impaled objects (more than a fishhook or splinter).

- Manage Amputations

- o Fingers

- o Teeth

- Musculoskeletal injuries

- o Assess circulation, sensation, and motion

- o Initiate appropriate treatment

- o Treat stable injuries using RICE as available and a brace/tape as needed.

- *Practical skill: construct an upper or lower extremity splint

- Recognize Anaphylaxis

- o Understand how to use an epinephrine auto-injector

- o Recognize the need for evacuation and assessment

Environmental Medicine

- Heat Illness

- o Recognize signs and symptoms of heat exhaustion/dehydration and heat stroke.

- o Recognize symptoms of heat cramps

- o Initiate appropriate treatment

- Hypothermia
 - o Recognize signs and symptoms of mild and severe hypothermia.
 - o Initiate appropriate treatment
 - *Practical skill: construct a hypothermia wrap
- Local Cold Injury (Frostbite and Non-Freezing Cold Injury)
 - o Recognize signs and symptoms of Frostbite and Non- Freezing Cold Injury.
 - o Initiate appropriate treatment
 - o Understand evacuation guidelines and the importance of preventing re-freezing the injury
- Lightning
 - o Prevention: Recognize high risk conditions and preventive strategies.
 - o Know local weather patterns, leave the scene and/or seek adequate shelter.
 - o Initiate appropriate treatment
- Altitude
 - o Recognize signs and symptoms of Acute Mountain Sickness (AMS) and key indicators of serious altitude illness (HACE and HAPE)
 - o Initiate appropriate treatment and understand importance of stopping ascent
- Animals
 - o Understand what to do when confronted or attacked by:
 - Grizzly bears
 - Black bears
 - Mountain lions
 - Snakes
 - Scorpions
 - o Understand the importance of animal bite evacuation and rabies prophylaxis

Basic Survival Skills

- Trip preparation
- Preventing getting lost
- Signaling for rescue
- Finding water

2. Podcast Content (Up to 30 hours)

- a. Assessment of a Patient Parts 1 and 2
- b. Altitude
- c. Avalanches
- d. Bites and Stings: Bears, Snakes, Spiders, Mosquitoes, and Scorpions
- e. Cold Related Injuries
- f. Dental Problems
- g. Dermatology
- h. Dive Medicine
- i. Drowning and Water Safety
- j. Eye injuries
- k. Frostbite, Chilblains, Immersion Foot
- l. Heat stroke
- m. Infectious disease: Diarrhea
- n. Lightning
- o. Medical Problems in the Wilderness Parts 1 and 2
- p. Ultrasound in the wilderness
- q. Water treatment
- r. Wilderness First Aid and Medical Kits
- s. Wound Management
- t. Crossing a Stream
- u. Backpacks and Back Pain
- v. Clothing for the Wilderness
- w. Foot problems
- x. Immunizations for travel
- y. Zika, Dengue, Chikungunya, Schistosomiasis, and Malaria
- z. Parasites

3. Textbook Content

Chapter 1: Assessment of a Patient in the Wilderness

Chapter 2: The Management of Wounds in the Wilderness

Chapter 3: The Wilderness Management of Bites and Stings

Chapter 4: Lightning

Chapter 5: Flash Floods

Chapter 6: Heat Related Illness

Chapter 7: Cold Related Illness

Chapter 8: Law and the Wilderness

Chapter 9: Medical Problems in the Wilderness

Chapter 10: Water Safety and Drowning

Chapter 11: Avalanches

Chapter 12: Wilderness First Aid Kits

Chapter 13: Water Treatment

Chapter 14: Management of Hand and Wrist Injuries