



Wilderness First Aid (WFA) Curriculum

Core Skills Patient Assessment and Basic Life Support

- Evaluate the scene
 - Assess for safety and causes, emphasizing personal and team protection
- Perform a Primary Survey (Identify and treat life threats)
 - Respiratory System
 - Manually open, maintain and protect an airway with standard BLS technique and the recovery position.
 - Provide adequate ventilations by mouth to mask.
 - 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.
 - 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
 - S-A-M-P-L-E as a guide
- SOAP Note Documentation

- Subjective-Objective-Assessment-Plan format for reporting medical cases
- How to communicate with EMS
- Practice step-by-step documentation cases

Common Medical Problems

For all common medical problems, emphasis is placed on recognizing warning signs, initiating treatment, and deciding on urgency of evacuation.

- Manage blisters (prevention and treatment)
- Manage impaled objects (more than a fishhook or splinter).
- Manage amputations
 - Fingers
 - Teeth
- Musculoskeletal injuries
 - Assess circulation, sensation, and motion
 - Initiate appropriate treatment
 - Treat stable injuries using RICE as available and a brace/tape as needed.
 - **PRACTICAL SKILL:** construct an upper or lower extremity splint
- Recognize Anaphylaxis
 - Understand how to use an epinephrine auto-injector
 - Recognize the need for evacuation and assessment
 - Detailed PDF Guide for anaphylaxis and Epi Pens
- Shock
 - Recognizing and treating hypovolemic, neurogenic and septic shock
- Heart Attacks
 - Recognizing warning signs, evacuation decisions, and medications
- Respiratory Distress
 - Physical exam findings, common causes, and treatment
- Asthma
 - Inhaler usage and evacuation criteria
- Panic Attacks
 - Techniques for management and warning signs for an alternative medical cause of symptoms
- Head Injuries
 - Concussions

- Major head injuries and brain bleeds
- Wilderness management, evacuation, and return-to-play guidelines
- Altered Mental Status
 - Common medical, metabolic, & drug/alcohol causes in the outdoors
 - Management with other medical considerations
- Diabetes
 - Insulin, Glucose, and diabetic crisis management
- Strokes
 - Recognizing warning signs and evacuation decisions
- Abdominal Pain
 - Common causes, ranging from mild to life-threatening, and warning signs for evacuation

Environmental Medicine

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

- Snakes
 - Scorpions
- 5 Interactive video cases requiring student to make medical and evacuation decisions
 - 1 Final Exam video scenario requiring SOAP note completion

Basic Survival Skills

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

PODCAST CONTENT (50+ HOURS)

Includes these and many other topics:

Altitude

Assessment of Patient, Parts 1 and 2

Avalanches

Backpacks and back pain

Bites and stings: bears, snakes, spiders, mosquitoes, and scorpions

Clothing for the wilderness

Cold related injuries

Crossing a stream

Dental problems

Dermatology

Dive medicine

Drowning and water safety

Eye injuries

Foot problems

Frostbite, chilblains, immersion foot

Heat stroke

Immunizations for travel

Infectious disease: diarrhea

Lightning

Medical problems in the wilderness: parts 1 and 2

Parasites

Ultrasound in the wilderness

Water treatment

Wilderness first aid and medical kits

Wound management

Zika, dengue, chikungunya, schistosomiasis, and malaria



This curriculum is representative of the topics covered
in Survival Med's Wilderness First Aid Course.
Details may vary as we continuously update our courses.