



# IWLS

International Wilderness Leadership School

## Wilderness Advanced First Aid Course - Alaska

### Course Location:

The International Wilderness Leadership School is based in Haines, Alaska, a small community located ninety miles north of Juneau, (the state capital) at the top of the Inside Passage. Haines borders Glacier Bay National Park. The Park and the adjacent 27 million acres, including Wrangell-St Elias National Park, comprise the largest protected wilderness area on the planet. It is an extremely jagged, glaciated, mountain landscape that includes the world's largest non-polar ice caps, pristine fjords, and wilderness rivers. The elevation of the peaks in this region ranges up to 20,000 feet. This terrain is amongst the best in North America for learning climbing skills, and the sea kayaking, rafting, trekking, and skiing here are world class.

Our expedition center in Haines is an outstanding gateway for accessing this unrivaled wilderness area.

### Course Goals:

- Students will be certified WFA through the International Wilderness Leadership School.
- Students will have an in depth understanding up emergency protocols and treatment in a wilderness setting.

### Course Itinerary/Overview:

This is a flexible itinerary for the WFA 40 hour, 5 day course. Mornings are devoted to lectures and exams. Afternoons are devoted to practical hands-on sessions and rescue simulations. Expect one or two rescue simulations with made-up victims and stage blood. Evenings are reserved for study and assignments.

### **Prerequisites**

Students must be at least 16 years of age to participate in this course. 16 and 17 year olds must have proof of parental consent.

### **Textbooks**

The cost of the course includes a book of lecture handouts, a student handbook, and SOAP notes.

### **Standards**

This WFR course meets or exceeds all requirements of OSHA and Wilderness Medical Society.

### **Recertification**

Within three years, graduates may recertify by way of a 16-hour Recertification course.

### **Day 1:**

- Introduction/Registration
- Wilderness Medicine
- Medical Legal Issues Infection Control
- Patient Assessment system
- Documentation
- Shock
- Bleeding



Experts in **Technical Instruction**  
and **Outdoor Leadership Training**

1-800-985-4957

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- Wilderness Wound and burn Management
- Scenario

## Day 2:

- Sprains & Strains
- Fractures & Dislocation
- Splinting Extremities
- Spine Injuries
- Spinal Immobilization
- Head Injuries
- Chest Injuries
- Abdominal Injuries
- Scenario

## Day 3:

- Hypothermia
- Frostbite & Cold Injury
- Heat Exhaustion & Heat Stroke
- Dehydration
- Hyponatremia
- Altitude Illnesses
- Lightning
- Bites & Stings
- Anaphylaxis & Allergies
- Poisons & Toxins
- Scenario

## Day 4:

Medical Emergencies  
Cardiac Emergencies  
Respiratory Emergencies  
Diabetic Emergencies  
Seizure Disorders  
Strokes  
OBGYN  
Gender Specific Emergencies  
Scenario

## Day 5:

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CPR  
Review/Make Up  
Final Practical/Final Exam  
Final Scenario

## **Evaluation**

Evaluation process is based on written exams, practical exams, and scenario participation/performance. These are based on attendance (100% attendance is required), course participation, performance on both written and practical final exams. To pass, students must have a cumulative average of 80% or better. Not everyone passes this course.

## **Certification**

All students who successfully complete the WAFSA course will receive an IWLS WAFSA certification card, and a BLS-CPR certification card. These certifications remain valid for three years.

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