



International Wilderness Leadership School

Wilderness Advanced First Aid Course - Utah

Course Location:

This course takes place in Alta, Utah, just outside of Salt Lake City. The Wasatch mountains receive over 500 inches of light powder every year. Alta was established as a mining town at the turn of the century and still retains the rustic character from its colorful past. Today Alta boasts some of the finest skiing on the planet, great accommodations, super restaurants and a lively atmosphere.

We will utilize a classroom in the morning and make excursions into the winter environment in the afternoons as we run through scenarios.

Course Goals:

- Students will be certified WAFSA 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 WAFSA 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
- Wilderness Wound and burn Management





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- 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:

CPR

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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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