

## Wilderness & Remote First Aid with CPR/AED 'C' – Course Schedule

### DAY 1 (4 HOURS) – IN CLASS

Introductions & Expectations  
 Hazard Mitigation (*Heuristic Model & 10 Essentials*)  
 Medico-Legal Concerns for Backcountry Responders  
 Scene Assessments  
 Putting on & Taking Off Medical Gloves  
 Primary Assessment (*The ABCDEs*)  
 Airway Management in Unconscious Patients  
 Adult & Infant Cardiac Arrest (*CPR & AED*)  
 Choking Emergencies in Adults & Infants  
 Extended Care of Patients in Remote Environments

### DAY 2 (8 HOURS) – OUTDOOR LEARNING

#### Morning

Sudden Medical Emergencies  
 Managing Massive Hemorrhage  
 Secondary Patient Assessments  
 Pelvic Injuries  
 Planning & Priority Determination  
 Stretchers, Lifts & Carries

#### Afternoon

Hypothermia Prevention, Management & Treatment  
 Head Trauma and Spinal Emergencies  
 Managing Multi-Trauma  
 Snakes, Spiders, Bugs & Other Envenomations

### DAY 2 (8 HOURS) – OUTDOOR LEARNING

#### Morning

Managing Bone & Joint Injuries (*Slings & Splints*)  
 Student Presentations (*Environmental Emergencies: Hyperthermia, Altitude, Cold Water Immersion, Frostbite*)  
 Opioid Overdose

#### Afternoon

Wound Care (*Types of Wounds; Dressings & Bandages*)  
 Complex Cases  
 Knowledge Evaluations  
 Course Wrap-Up