

Wilderness First Aid – EMT Associates 541-430-7149

Wilderness First Aid is emergency care when delayed transit and limited resources are an issue - any time you are in the backcountry, a rural area or a third world country. Are you hours from a hospital? Are the roads snowed in? Have you backpacked hours away from rescue? Are the only medical resources what you carry on your back? Then you need **Wilderness First Aid**. This 16+ hour course is for those who are in remote areas - away from the usual EMS services. The course expands general first aid to give more detailed information and hands-on skills practice for the remote setting – using what you will find in your backpack to care for patients. The ECSI **Wilderness First Aid** class covers assessment and urgent first aid techniques; CPR is required and will be reviewed the first day of class. *(The new 2010 standards will be used).*

ECSI is pleased to announce a new Wilderness First Aid Curriculum and Doctrine Guidelines. A **Wilderness First Aid Field Guide** is available now. *This also serves as a refresher for Wilderness First Responders.*



Certification is for 2 years and includes CPR review. A minimum age of 14 is recommended. An optional Bee Sting class for use of the Epi pen will be offered at the end of class- limited to ages 21 or older and is the Oregon State mandated class. The ECSI **Wilderness First Aid** is accepted at Philmont by BSA and also serves as a Basic First Aid/CPR card. The American Camping Association has approved it for the Part C First Aider in their accreditation standards. You will also receive AHA HeartSaver CPR card.

EMT Associates 541-430-7149 mavemtrn@comcast.net
Wilderness First Aid taught by EMTs/EDRN 16+ hrs \$150
(includes new AHA CPR & Bee Sting)

Materials Provided:

- *Wilderness First Aid Field Guide - yours to keep!*
- *Wilderness First Aid - book available for use in class & for purchase (\$25)*
- Bandaging & splinting material – from your pack, bring your walking pole !

Course Outline

- Emergency Action Steps – Airway, Breathing, Circulation, Disability, Environment (A,B,C,D,E); Secondary assessment, documentation
- Types of Delayed-help Situations: when to evacuate; long term care
- Medical Emergencies – Heart, Respiratory, Abdominal, Brain, Bites, Stings
- High Altitude Illnesses; Burns, Lightning Strikes, Submersion Incidents
- Temperature related Illnesses; Wounds, Muscle & Bone Injuries, Blisters
- Treatments, Interventions, Tourniquets, First Aid Kits

