

# ADVENTUREMED

Wilderness Medicine Education®

## WILDERNESS FIRST AID SAMPLE SCHEDULE

### Day 1

- 8:00 – 8:15 Course Introduction / Description of WFA
- 8:15 – 9:00 Vital Sign Assessment / Practice
- 9:00 – 11:00 Patient Assessment Demonstration / Lecture / Practice  
Scene Survey  
Primary Assessment  
Secondary Assessment
- 11:00 – 12:00 Bleeding and Shock (Lecture)
- 12:00 – 1:00 Lunch
- 1:00 – 1:30 Abdominal and Chest Injuries
- 1:30 – 2:30 Drowning / Lightning (Lecture)
- 2:00 – 3:00 Extremity Injuries / Fractures / Dislocations (Lecture)
- 3:00 – 5:00 Fracture / Dislocation splinting / immobilization

### Day 2

- 8:00 – 8:30 Head and Spinal Injuries (Lecture)
- 8:30 – 10:00 Spinal immobilization and patient transport workshop
- 10:00 – 11:30 Common Medical Problems (Chest pain, Respiratory, Nervous, N/V, abdominal pain, allergies / anaphylaxis)
- 11:30 – 12:00 First Aid Kits
- 12:00 – 1:00 Lunch
- 1:00 – 2:00 Wound Management (Lecture)
- 2:00 – 3:00 Wound Management workshops
- 3:00 – 4:00 Heat / Cold / Frostbite/ Altitude (Lecture)
- 4:00 – 4:30 Bites and Stings
- 4:30 – 5:00 Summary / Review / Questions