

Wilderness First Responder & Wilderness EMT

For more information, see the web site: www.wildernessemergencycare.com

Questions? E-mail the instructor, Steve Donelan: donelan@speakeasy.net

The course

WFR/WEMT is a professional-level course that trains you to understand and avoid wilderness hazards and cope with emergencies anywhere. You learn how to assess injuries and medical or environmental problems, and do emergency care with whatever you have on hand or can improvise. We use vivid slides and interactive teaching methods to bring the topics to life. Skills practice is intensive. Our instructors work with you individually and in small groups. Realistic simulated accidents help you put your skills together and develop your leadership abilities.

Program & certification

ASHI certifications in WFR and WEMT, valid three years, are recognized throughout the United States and in many other countries. **To be certified**, you must make up any skills training you miss, complete all skills logs, and pass the exams. Wilderness topics and skills are the same for WFR and WEMT, but EMT's and Paramedics are already trained to a higher level in generic topics such as recognizing and treating medical problems and the use of medications. So those currently certified as EMT's or Paramedics receive WEMT certification on graduation; and other participants receive WFR certification.

Make-ups

If you miss a class, learn and practice the skills we did in that session with a classmate who was there. Also, have a classmate teach you what you missed in the lecture/discussion sessions.

Continuing Education Credits

CE's are available to participants for a flat fee of \$25 – one unit for every hour of class attended.

Instructors

Steve Donelan (the lead instructor) is national chairman of the Wilderness Emergency Care program he developed for the American Safety & Health Institute (www.ashinstitute.org), and author of the textbook. He is also a Master Instructor Trainer for ASHI, an Instructor Trainer for the National Ski Patrol, section editor on education for *Wilderness & Environmental Medicine* (www.wms.org), editor of the San Francisco Paramedic Association newsletter, and a peer reviewer of several standard textbooks. He has published many articles on emergency care and how to teach it. All of our instructors have many years of both wilderness and teaching experience.

CPR

All students must show current certification in BLS for Health Care Providers/CPR Pro before graduating.

Recommended: San Francisco Paramedic Association, a few blocks from Montgomery St. BART station.

Registration: San Francisco Paramedic Association

Online: www.sfparamedics.org

Phone: (415) 543-1161

Cost: \$460

Textbook: *Wilderness Emergency Care* by Steve Donelan. Buy from the instructor in class (\$20) or order in advance from ASHI: www.ashinstitute.org.

Place: Piedmont School. Directions will be posted at www.wildernessemergencycare.com.

Time: See the schedule on the next page.

WFR & WEMT schedule

Steve Donelan

Tuesday & Thursday 7pm to 10pm.

3 Saturdays 9am to 5pm: 10/23; 10/30; 11/20

- 9/9 Introduction to the course. Vital systems & signs. Bleeding control.
- 9/14 Wound care. Shock. Bandaging. **Read** Ch. 1, 4, 5 and bring book for next class.
- 9/16 Patient assessment. Bring BP cuffs, stethoscopes if you have them. **Read** Ch. 2.
- 9/21 **Bring** outdoor equipment to improvise splints. Bone injuries & splinting. **Read** Ch. 8
- 9/23 SAM splints & commercial traction splints. **Read** Ch. 8. **Watch** SAM splint DVD.
- 9/28 Improvised traction splints. Athletic injuries. **Read** Ch. 9.
- 9/30 Children & elderly. Pregnancy. Special populations. Psychological emergencies. **Read** Ch. 34.
[*Charles & Lynn Garcia*]
- 10/5 Burns & wilderness fire hazards. Scenarios. **Read** Ch. 6, 7.
- 10/7 Specific injuries. **Read** Ch. 10, 11, 12, 14.
- 10/12 Skills review & scenarios.
- 10/14 Reducing dislocations [*Dr. Joseph Serra*]. **Read** Ch. 9.
- 10/19 Oxygen. EMS in the wilderness. START system. **Read** Ch. 35, 36.
- 10/21 Spinal injuries. Clearing the spine. **Read** backboarding handout, Ch. 13.
- 10/23 **Saturday**: Spinal management. Midterm practical exam. **Read** Ch. 13.
- 10/26 Heat illness, hypothermia & frostbite, Raynaud's syndrome. **Read** Ch. 15-18.
- 10/28 Herbal first aid. Hazardous plants [*Charles & Lynn Garcia*]. **Read** Ch. 29, 37.
- 11/2 Lifts & carries. Wilderness transport. **Read** Ch. 33.
- 11/4 **Bring** first aid kits. Medical screening & accident reports. **Read** Ch. 3.
- 11/9 Effects of altitude, lightning strike, solar radiation. **Review** Ch. 19-22.
- 11/11 Bugs, snakes, bears & aquatic hazards. **Read** Ch. 24-28.
- 11/16 Water disinfection, wilderness hygiene, GI illness. **Read** Ch. 23, 31.
- 11/18 Medical problems in the wilderness. **Read** Ch. 30, 32.
Skills logs must be completed. **Turn in** essay on a real emergency.
- 11/20 **Saturday**: Final written exam. Final practical exam.