

# OL 251 : WILDERNESS FIRST AID

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## Transcript title

Wilderness First Aid

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

20

## Other hours

20

## Course Description

Designed to provide the student with the necessary knowledge and skills to care for an injured or suddenly ill person in a remote location. The methods and protocols presented follow the Wilderness Medical Society guidelines for a 16 hour certification and are specific to a wilderness setting. The Wilderness Medical Society defines wilderness as a remote geographical location more than one hour from definitive care. Open to all and counts as an elective for Outdoor Leadership students.

## Course learning outcomes

1. Assess patient conditions in a wilderness emergency.
2. Demonstrate treatment and care for immediate life-threatening injuries or sudden illness, excluding cardiopulmonary resuscitation (CPR), in a wilderness setting.
3. Arrange and implement evacuation plans, in a wilderness setting, for immediate life threatening injuries or sudden illness, excluding cardiopulmonary resuscitation (CPR).
4. Demonstrate treatment and care for non-life-threatening injuries or illness, in a wilderness setting.
5. Arrange and implement long-term care plans, in a wilderness setting, for a patient with non-life-threatening injuries or illness.

## Content outline

1. Introduction; Action at an emergency
2. Patient assessment and urgent care; Spine management
3. Bleeding and wounds
4. Dressing and bandages
5. Head and facial injuries; Spine
6. Specific bone and joint injuries; Splinting; Spine exam
7. Respiratory and abdominal emergencies
8. Diabetic emergencies, allergies
9. Sudden illness, genitourinary (GI/GU)

10. Environmental hazards, poisons, plants, burns, submersion incidents, marine animal stings

11. Bites and stings, first aid supplies, improving the odds, improvisation

## Required materials

Wilderness first aid textbook.