

Course Outline

Wilderness First Aid—Advanced Level Course

(Approx. 40 hours)

Topic	Approximate Length
Introduction	30 min
Introduction to Wilderness First Aid	1 hour
Action at an Emergency	2 hours 30 min
Victim Assessment and Urgent Care	3 hours
Care of Bleeding, Wounds, and Burns	2 hours
Dressings and Bandages	2 hours
Head and Facial Injuries	2 hours
Bone, Joint, and Muscle Injuries	1 hour 30 min
Specific Bone and Joint Injuries	4 hours
Circulatory Emergencies	1 hour
Respiratory Emergencies	1 hour
Neurologic Emergencies	1 hour
Abdominal Emergencies	1 hour
Diabetic Emergencies and Allergic Reactions	1 hour
Genitourinary Problems	1 hour
Physical and Environmental Hazards	3 hours 30 min
Poisons, Toxins, and Poisonous Plants	30 min
Animal Bites, Human Bites, and Snake Bites	1 hour
Insect and Arthropod Bites and Stings	2 hours 30 min
Water Emergencies	3 hours
CPR Basics	2 hours
First Aid Equipment and Supplies	1 hour
Field Water Disinfection	30 min
Fluid and Electrolyte Replacement	30 min
Improving the Odds of Survival	30 min
Final Written Exam	30 min