

## Course Description

## Wilderness First Responder



# Training Expertise



Remote  
**Emergency**  
Care

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## **Wilderness First Responder**

### **What is it?**

This is an intensive six-day course designed for outdoor instructors and enthusiasts leading or participating in remote expeditions where evacuation may be protracted and complex. It is growing in reputation as the gold standard in training, and conforms to the Wilderness Medical Society's Wilderness First Responder syllabus, widespread in the USA. Much of the training happens outside.

### **Who's it for?**

Training is designed for people going on expedition who have standard expedition first aid equipment with them (as opposed to rescue team equipment). Emphasis is on being self-reliant, improvisation with the kit that you have, and dealing competently with both life-threatening and run-of-the-mill situations. It is for people who may not have access to online medical support from a doctor.

### **Do I need to have learned first aid before?**

Yes – you must have completed a 16-hour basic first aid course within the last 3 years.

### **How long does it last?**

Six days. Training will typically run from 8.30am until 6pm each day.

### **What does it cover?**

- Scene management
- Vital signs and patient monitoring
- Airway and breathing problems
- Major bleeding
- Airway devices
- History taking and patient examination
- Shock, including anaphylaxis
- Head and spinal injuries
- Spinal immobilization and focused spinal examination
- Burns and heat illness
- Cold illness and injury
- Drowning and lightning strike
- Chest and abdominal injuries
- Diabetes, epilepsy, stroke and DVT
- Heart disease
- Cardiopulmonary resuscitation and automated external defibrillator use
- Advanced fracture management
- Managing sprains
- Managing dislocations
- Introduction to drug therapy
- The acute abdomen
- Altitude illness
- Ear, nose and throat problems
- Patient packaging and carries
- Communication
- Ring removal and nail trephining
- Wound management
- Helmet removal
- Medical gases familiarisation training
- Infectious diseases
- Animal related problems
- Diarrhoea and vomiting
- Wilderness psychology
- Eye problems
- Dental problems
- Dealing with death
- First aid kits
- Written examination

### **Do I get a certificate?**

Yes – you will be issued a certificate valid for 2 years, certified by the Wilderness Emergency Medical Services Institute (Europe).

### **Who should I contact?**

To find out more, contact the Training Expertise team on [info@training-expertise.co.uk](mailto:info@training-expertise.co.uk) or 01344 77 44 30.