

Wilderness First Aid Basics

The **Wilderness First Aid Basics** 16 hour course is for those who work, live or play in remote areas – away from the usual EMS service. Although emergency workers near these areas may be trained in search and rescue, there may be delays in the call for assistance, getting to the patient, or moving the patient to more advanced treatment. This class expands the concepts in [First Aid: When Help is Delayed](#) with more detailed information and hands-on skills practice.

This class covers assessment and urgent first aid techniques, but not in-depth CPR. Basic first aid skills are covered, making this course appropriate for anyone regardless of experience level. No prerequisites. The certification is valid for **3 years**, and qualifies as Basic First Aid.

The American Camping Association has approved the American Red Cross **Wilderness First Aid Basics** for the Part C First Aider in their accreditation standards. The Boy Scouts of America have also recommended the Red Cross course.

These more-advanced first aid skills are appropriate for:

- Hikers and Backpackers
- Scouting leaders and older scouts
- Kayakers and canoers
- Farm workers
- Utility workers in remote areas
- Forest Rangers
- Law enforcement and rescue crews
- Disaster responders

Course Outline

- Delayed-help Situations
- Emergency Action Steps – Check, Call, Care
- Checking the scene, patient, and resources
- Contacting help
- Caring for the patient long term
- Patient assessment and Record
- Preventing Disease Transmission
- Prioritizing Care
- Treatment of injuries:
 - Wounds
 - Head and Spinal Injuries
 - Extremity Injuries
 - Abdominal Injuries
 - Sudden Illnesses
 - Major Bites and Stings
 - Other backcountry miseries
- Carrying Out the Plan
- Deciding to Evacuate

Provided Materials

- Wilderness First Aid Basics Student Guide
- Mountaineering First Aid Text
- First Aid: When Help is Delayed Participant Booklet