

WFA Wilderness First Aid – Student Outline

Ask each student to share why they are taking the WFA class.

Establish Emergency Scenarios



- *Each student writes a presentation outlining the preparation required for trip.*
- *List expected emergencies most likely during this kind of outing.*
- *Choose one or two injuries and explain in detail the S.T.O.P. Actions taken.*
- *Presentation: Group discussion of each detailed outline.*

Injury Prevention (*prevention through constant environmental and physiological evaluation*)

C.A.R.E. (*Discuss outing itinerary in more detail to for proper mental and physical preparation*)

- Conditions: *students develop itinerary conditions (physical, mental, & physiological)*
- Activities: *Develop specific outing activities to prepare injury treatment around*
- Resources: *Discuss possible resources to utilize from environment & carried items*
- Emergencies: *Revisit and discuss specific emergencies most likely during this outing*

Injury Assessment, Stabilization, and Monitoring

S.T.O.P. (*Back country medical response method*)

- Scenario: *Size up the Scene*
- Treatment: *Treat injury based off immediate Threat Assessment*
- Overall Examination: *Perform an overall examination to discover full extent of injuries*
- Patient Monitoring: *Includes paperwork (soap note), phone for paramedic*

ABC'SS *Treat Immediate Threats*

- Airway
- Bleeding
- Cardiopulmonary Resuscitation
- Shock Management
- Spinal Injury Assessment

Overall Examination, Stabilization, and Monitoring

- Body Systems: Head/ Throat, Chest/Abdomen, and Limbs
- Soft Tissue Care: Identifying, Cleaning, Closure of Wound, Dressing
 - Contusion, abrasion, laceration, avulsion, amputation, puncture, & impalement
- Orthopedic / Fractures: Identify, Stabilize, Monitor
 - L.A.F. involves Looking, Asking, & Feeling
 - Splinting Principles: CSM / HIRICE
- Poisoning / Allergic Reaction: Symptoms and Care
 - Inhaled, Ingested, Injected, & Absorbed
 - Bites, Stings, Oral, & Environmental
- Infectious Disease: Symptoms and Care
 - Communicable, Contagious, Non-communicable, Emerging and Childhood
 - Bacteria, Fungi, Parasites, Viruses & Prions
- Environmental Injuries: Symptoms and Care
 - Heat-Loss, Heat-Induced, Altitude, Depth, Motion, & Lightning
- Remote Medical Kits: Improvisation
 - Topical Bandaging Module
 - Non-RX Oral Medication Module
 - Non-RX Topical Medication Module
 - RX Oral and Topical Medication Module
 - RX Injected Medication Module
 - Survival Module – sewing kit, fishing kit, water purification, waterproof matches, LED light, compass, knife, whistle, lighter and cloth tape

Survival and Rescue

➤ Survival Knots: Self Rescue, High Angle Negotiation, and Shelter

- *Double figure-eight (follow through and on a bight)*
- *Bowline (double follow through)*
- *Fisherman (double fisherman)*
- *Clove hitch and Munter hitch*

Survival Priorities: The five basic fundamental necessities of wilderness survival

- *A body remains conscious 3 minutes without proper Air.*
- *A body can only survive 3 hours without proper Shelter.*
- *A body can only survive 3 days without proper Water.*
- *A body can only survive 3 weeks without proper Food.*
- *Fire is the basic tool which helps provide proper supplies of all three other necessities.*

Search and Self Rescue: Surviving and Reaching Definitive Care

- *Air – The first concern when assessing possible life threatening dangers includes airway and air quality. Air quality covers everything from possible fluid in the lungs, altitude, and toxins.*
- *Shelter - Positioning yourself near vital resources and improving your comfort, defense, hunting, or rescue visibility could be the make-it-or-break-it action that decides your survival and rescue odds.*
- *Water – Hydration is a major factor in survival and is very dependent on water quality.*
- *Food – Nutrition is essential for keeping up energy, attitude, and awareness.*
- *Fire – As the basic tool which helps provide proper supplies of three other main necessities, a heating source is quite important for maintaining proper health.*
- *Navigation – Move using the signs provided by nature to improve positioning*