Standard Wilderness Advanced First Aid (40-45 hrs)

Day 1: 8 am-5:30/6 pm (8-9 hrs)

- Opening & Course Paperwork
- Course Introduction & Medical/Legal Considerations
- General Concepts in Patient Care
- Body Defenses
- Introduction to Trauma
- Critical System Problems
- Stable & Unstable Injuries
- Basic Life Support Lab & Simulations
- Demo, assign, & cut T-shirt rolls
- Case Study Homework

Evening Session (2 hrs)

- Adult & Child CPR Skills Lab

Day 2: 8 am-5:30/6 pm (8-9 hrs)

- 3rd Triangle Skills Lab & SOAP Evaluation Process
- Traumatic Simulation
- Extremity Splinting Lab
- Improvised Carries
- Wounds Lab
- Focused Spine Assessment Lab
- Traumatic Simulations
- Case Study Homework

Day 3: 8 am-5:30/6 pm (8-9 hrs)

- Review Case Study Homework
- Spine Assessment Quiz
- Dehydration
- Sunburn, Heat Exhaustion, Heat Stroke, & Hyponatremia
- Hypothermia
- Cold Injuries
- Drowning
- Lightning Injuries
- Traumatic Simulations
- Case Study Homework

Day 4: 8 am-5:30/6 pm (8-9 hrs)

- Review Case Study Homework
- Wilderness Bites & Stings
- Allergies
- Anaphylaxis
- Injection Lab & Allergies & Toxins Worksheet
- Angina, Heart Attack, & Stroke
- Assessing Medical Problems
- Medical Simulations ± Case studies
- Homework: WAFA & WCPR written exams

Day 5: 8 am-5 pm (8 hrs)

- Spine Management Lab
- Simulations
- Written WAFA & WCPR Exam Review
- Course Debrief & Closing
- Clean-up

General Course Information

Wilderness Medicine Training Center International's Wilderness Advanced First Aid course exceeds the minimum WAFA Scope of Practice guidelines established by the Wilderness Medicine Education Collaborative. When you have successfully completed WMTC's standard WAFA course, you will receive a WMTC WAFA certification card; the card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. You will also receive a WMTC Epinephrine certification card confirming that you have been taught how to treat anaphylaxis with injectable epinephrine; some states require an epinephrine certification to permit you to carry and use epinephrine for the emergency treatment of anaphylaxis. And, you will receive a WMTC Adult & Child Wilderness CPR certification. It is your responsibility to stay current with both your understanding and practice. You may recertify via a WMTC WFA or by taking the course again. You must recertify before your certification expires; there is no grace period. You must recertify before your certification expires; there is no grace period.

You may use this course to recertify a current Wilderness First Responder, or Wilderness EMT certification if you successfully complete our online WFR & WEMT Recertification test within two months of the end of your WAFA. Login information and directions will be sent to you via email prior to or upon completion of your course. *If you have do not receive the login information for your online exams within a week of completing the WAFA course, please contact our office.* In order to recertify your WEMT *and* remain certified as a WEMT, you must have a current NREMT certification or state EMT license.

Course tuition includes instruction, our water-proof, tear-resistant field manual *the Wilderness Medicine Handbook*, and our Patient SOAP notes. If you are using the course to recertify your WFR or WEMT certification, your tuition also includes access to your WFR & WEMT Recertification online exams. If you haven't already done so, please download and read a copy of our student handbook.

Email WMTC Office **Download Student Handbook**

Standard WAFA Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cutable simulation clothing is required.
- Adult & Child WCPR Skills Lab: Obstructed airway and Adult & Child Wilderness CPR instruction, manikin practice, and certification; AED training and certification is not part of this course.
- Basic Extremity Splinting Lab: Padded aluminum splints are used to improvise extremity splints. Bring a cut T-shirt roll and a pair of heavy hiking socks; socks will not be cut.
- Wound Cleaning Lab: Pig's feet are used for training realistic wound cleaning.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Injection Lab: Hands-on instruction in injectable epinephrine required for the treatment of anaphylaxis.
- Improvised Carries Lab: One and two person split coil carry ± true backpack carry.
- Spine Management Lab: Lifting, moving, and packaging potentially spine-injured patients on their back and side in a commercial and/or improvised litter.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cutable simulation clothing is required.