WILDERNESS FIRST AID COURSE
Organized by Hawaii Outdoors Institute and the Wilderness Medicine Training Center

DATES: January 27-29, 2017  8am - 5:30pm  (Please arrive at 7:45 the first day!  Also, the first day goes until 6:30pm.)
COST: $325
LOCATION: Red Hill Mauka Community Center 1545 Tampa Dr. Honolulu, HI 96819  (Google Maps sends you a block past the community center, but you can’t miss it!)

COURSE DESCRIPTION

Our Wilderness First Aid courses introduce you to the concepts of medical care in a wilderness setting. This course is mentally stimulating, physically challenging, and very rigorous. You can expect long days filled with lots of new information and activities that build upon previous days. Please come well rested and ready to learn.

This course is ideal for trip leaders, conservation workers, camp staff, outdoor enthusiasts and individuals in remote locations. No advance study is required. You must be present for all class sessions and successfully complete and turn-in all homework to be eligible for WFA certification. When you have successfully completed your Wilderness First Aid course, you will receive a WFA certification card from the Wilderness Medicine Training Center. The card acknowledges that you have successfully demonstrated the skills presented during your course.

The course focuses on Basic Life Support skills, trauma, selected environmental topics, spine assessment and the ruling out process, allergic and toxic reactions, and “common” medical emergencies. The course contains lectures, skill labs, simulations, & case study reviews taught over three days. The majority of time is spent in hands-on skills practice and labs.

Standard WFA Lab Descriptions

• Basic Life Support Lab: Addresses all elements of the Scene Size-up and Initial Patient Exam.
• Adult and Child CPR
• Basic Extremity Splinting Lab: SAM splints are used to improvise extremity splints.
• Wound Cleaning Lab: Pig’s feet are used for realistic wound cleaning practice. (Yes, pig’s feet!!)
• Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
• Injection Lab: Instruction in injectable epinephrine required for the treatment of systemic allergic reactions.
• Simulations: Role plays incorporating patient assessment & documentation. Makeup and fake blood are used to increase the scene’s reality.
PLEASE BRING TO CLASS!

- A notepad and pen
- Lunch, snacks and a water bottle
- A watch that counts seconds
- Please wear outdoor clothing appropriate for potential rain and lying on wet/dirty ground playing the role of both rescuer and patient. You may want to bring a set of dry clothes to change into if it looks like a rainy day.
- A pair of heavy hiking socks for padding splints (will not be cut up)

- Cuttable simulation clothing. These are required and will be cut up! (Clean out your closet or head to a thrift store :) The clothing should fit.
  
  • 1 long sleeved shirt, (with or without buttons)
  • 1 pair of long pants
  • 2 extra T-shirts without buttons

  ***You will likely have some or all of this clothing cut off while wearing it during simulations. To avoid having a crew of naked people, and to protect your personal space during simulations, you must bring and wear the following under your cuttable scenario clothes:

  --Women: shorts and sports bra or a swimsuit under simulation clothes

  --Men: shorts or swim suit under simulation clothes

RECERTIFICATION REQUIREMENTS

This course may be used to recertify Wilderness Advanced First Aid, Wilderness First Responder, and Wilderness EMT certifications with the successful completion of our on-line Recertification exam. The exam should be completed within two months of the end of your WFA. Login information and directions will be sent to you via email upon completion of your course. There is an extra $25 online test fee payable to WMTC for recertification.

If recertifying, please bring a photocopy of your current certification card on the first day of the course. We cannot issue a new certification until we verify your previous training.

REGISTRATION

Tuition payment in full is required to reserve your spot in the course. Course tuition includes instruction, access to a web site where you can download an abridged copy of our textbook *The Art & Technique of Wilderness Medicine*, a hard copy of our waterproof field manual *The Wilderness Medicine Handbook*, and hard copies of our Patient SOAP notes.

CANCELLATION AND REFUND POLICY

If a student cancels or withdraws from a course:

  • More than 30 days prior to the course starting date, HOI will retain a $50.00 administrative fee. The remainder of tuition collected will be refunded.
  • Within 30 days of the course start date, tuition is non-refundable and non-transferable.

A full refund will be given if we need to cancel the course for any reason.
Wilderness Medicine Training Center
Wilderness First Aid Schedule

Day 1

• Opening & Course Paperwork
• General Concepts in Patient Care
• Body Defenses
• Introduction to Trauma
• Assessment & Treatment of Traumatic Critical System & Extremity Problems
• Basic Life Support Lab & Simulations
• Demo and assign cut T-shirt rolls
• Case Study Homework

Day 2

• 3rd Triangle Skills Lab & SOAP Evaluation Process
• Traumatic Simulation
• Basic Extremities Splinting Lab
• Wound Cleaning Lab
• Focused Spine Assessment
• Traumatic Simulations
• Assessing Medical Problems
• Case Study Homework & Expedition Medicine Case Studies

Day 3

• Dehydration
• Sun Exposure
• Heat Exhaustion, Heat Stroke, & Hyponatremia
• Hypothermia
• Near Drowning
• Allergies
• Injection Lab & Quiz
• Medical & Environmental Tag-team Simulations
• Course Debrief & Closing

CONTACT INFORMATION

Please contact us with any questions or concerns you may have.

Hawaii Outdoors Institute
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