



Wilderness First Aid -- 16 Hours (2-Days)

Written by the American Academy of Orthopedic Surgeons (AAOS) and the Wilderness Medical Society, the **ECSI Wilderness First Aid** course provides information on how to handle common injuries and illnesses when medical care is an hour or more away. Designed for those who work or travel in remote locations, trip leaders, camp counselors, and outdoor enthusiasts who want a basic level of first aid training for short trips with family, friends, and outdoor groups. No previous first aid training is required. The course meets the guidelines of the American Camping Association (ACA) and the curriculum of the Boy Scouts of American (BSA). Course fee includes all equipment and supplies, handouts, certification card and taxes. Texts books are not included in this special discount rate. Lunches are not included, you may bring your own, there is a microwave and refrigerator available for your use; or purchase lunch at one of the local eating establishments.

Topics and skills covered during the course include:

- Introduction to Wilderness First Aid
- Victim Assessment and Urgent Care
- Care of Bleeding, Wounds, and Burns
- Dressings and Bandages
- Head and Facial Injuries
- Bone, Joint, and Muscle Injuries
- Circulatory Emergencies
- Respiratory Emergencies
- Neurological Emergencies
- Abdominal Emergencies
- Diabetic Emergencies and Allergies
- Genitourinary Problems
- Physical and Environmental Hazards
- Poisons, Toxins, and Poisonous Plants
- Animal Bites, Human Bites, and Snakebites
- Insect and Arthropod Bites and Stings
- Water Emergencies

Course Hours: 16 Hours (2 Days)

Course Fees: **Wilderness First Aid (ECSI)** \$70.00
per person