

Wilderness First Aid (WFA) Course Syllabus

Course Duration: 16 hours minimum (in-person)

Format: Lecture, Skills Practice, and Scenario Practice

Prerequisites: None (CPR/AED recommended)

Certification Validity: 3 years

Day 1: Foundations & Primary Systems

Module 1: Introduction to Wilderness Medicine (.25 hrs)

- Course goals & expectations
- Legal concepts: Duty to Act, Consent, Scope of Practice
- Wilderness vs Urban response differences

Module 2: Scene Size-Up & Patient Assessment System (PAS) (1.5 hrs)

- Scene safety, PPE, MOI
- Initial Survey: R-ABCDE
- Focused Survey: Head to Toe, Vitals (LOR, HR, RR, Skin), SAMPLE history
- SOAP Note

Module 3: Basic Life Support Skills (1.25 hrs)

- Unconscious patient, altered mental status
- Bleeding control: direct pressure, tourniquets, wound packing, hemostatic agents
- Body temperature maintenance
- Spinal Injury

Module 4: Shock & Traumatic Brain Injury (TBI) (1 hr)

- Shock
- Traumatic Brain Injury
- Concussions

Module 5: Musculoskeletal Injuries & Splinting (1 hr)

- Stable vs unstable injuries
- Splinting
- Traction
- Dislocations

Skills Lab (3 hrs)

- Head-to-toe assessments
- Bleeding control



- Splinting stations
 - Moving a patient
 - Focused Spine Assessment
 - Patient Assessment Practice
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Day 2: Environmental & Medical Emergencies

Module 6: Environmental Injuries – Cold & Heat, Others (2.5 hrs)

- Hypothermia: mild, moderate, severe
- Hypothermia wrap construction
- Heat Exhaustion vs Heat Stroke: prevention & cooling
- Hyponatremia vs Dehydration
- Lightning injuries
- Drowning
- Allergies & anaphylaxis (Epi Administrator Certificate)
- Toxins & vector-borne illnesses

Module 8: Wounds, Burns, & Soft Tissue Injuries (1 hr)

- Wound cleaning/irrigation, Infections
- Burn assessment & treatment
- Bites, stings, impaled objects
- Blisters, and eviscerations

Module 9: Medical Emergencies (1 hr)

- Asthma, chest pain, diabetes, stroke, seizures
- Abdominal complaints & acute abdomen
- Systemic infection & sepsis
- Evacuation guidelines

Final Simulations & Scenarios (3.5 hrs)

- Multiple patient trauma/medical simulations
 - Scene management, treatment, communication, evacuation
 - SOAP note & patient handoff practice
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Evaluation & Certification

- Active participation in all sessions
- Demonstration of core skills
- Practice completion of SOAP notes – written and verbal
- Performance in simulation scenarios

