

Wilderness First Aid (WFA) Course Syllabus

Course Title: Wilderness First Aid

Provider: Safety Training Pros

Course Length: 16 Hours (2 Days)

Format: In-Person Classroom + Hands-On Skills + Scenarios

Certification: Wilderness First Aid Certificate (valid 3 years, subject to provider policy)

Target Audience: Hikers, backpackers, scout leaders, outdoor educators, camp staff, SAR volunteers, hunters, climbers, paddlers, field workers, travelers, and anyone spending time away from immediate EMS access.

Course Description

This course teaches students how to assess, manage, and evacuate injured or ill patients when professional medical care is delayed. Students learn practical field skills for trauma, medical emergencies, environmental exposure, splinting, patient movement, decision-making, and emergency planning. Strong emphasis is placed on calm leadership, patient assessment, and real-world judgment.

Learning Outcomes

- Perform a structured wilderness patient assessment
- Identify and manage life threats
- Control severe bleeding and recognize shock
- Manage head, spine, musculoskeletal, wound, and burn injuries
- Recognize and respond to common wilderness medical emergencies
- Use evacuation decision-making principles
- Document findings using SOAP notes
- Function effectively during rescue scenarios
- Provide care while protecting rescuer safety

Required Equipment / Student Recommendations

- Notebook and pen
- Weather-appropriate clothing
- Water bottle
- Lunch / snacks (unless otherwise arranged)
- Clothing suitable for kneeling, lifting, and outdoor practice
- Personal medications

Course Methodology

- Instructor-led teaching
- Demonstrations



- Partner practice
- Hands-on skill stations
- Case studies
- Full rescue scenarios
- Guided debriefs

Day 1 Agenda (8:30 AM – 5:00 PM)

- Welcome, Orientation, Legal Concepts
- Patient Assessment System (PAS): Scene Safety, Initial Assessment, Head-to-Toe Exam
- Vitals and SAMPLE History
- Bleeding Control and Shock
- Head, Brain, and Spine Injuries
- Moving Patients
- Environmental Emergencies: Hypothermia, Heat Illness, Dehydration, Hyponatremia, Lightning, Drowning, Altitude
- Wounds, Burns, Soft Tissue Injuries
- Musculoskeletal Injuries and Splinting
- SOAP Notes, Review, Homework Prep

Day 2 Agenda (8:30 AM – 5:00 PM)

- Backpacking Scenario
- Unconscious Patient / Altered Mental Status / Scenario Practice
- Medical Emergencies
- Allergies and Anaphylaxis
- Evacuation and Risk Management
- Final Scenarios
- Course Wrap-Up, Evaluations, Certification Distribution

Core Topics Covered

- Wilderness medicine principles
- Scene safety and rescuer priorities
- Patient Assessment System (PAS)
- Bleeding control / tourniquets
- Shock recognition & treatment
- Concussion / head injuries
- Spinal precautions and movement decisions
- Splinting, fractures, and sprains
- Burns and wound cleaning
- Environmental illness and injury
- Medical emergencies
- Abdominal illness
- Allergic reactions / epinephrine administration
- Evacuation planning
- Scenario leadership and teamwork



Assessment Requirements

- Participation
- Skill performance
- Scenario involvement
- Professional conduct
- Completion of course requirements

Certification Requirements

- Attend all required course hours
- Participate in practical skills
- Demonstrate safe performance standards
- Complete instructor-required evaluations

Attendance Policy

This is a participation-heavy course. Late arrival, early departure, or missed modules may affect certification eligibility.

Physical Participation Notice

This course includes kneeling, lifting, patient movement, floor work, bandaging, splinting, and outdoor simulations. Reasonable modifications may be available when requested in advance.

