

5-day Wilderness First Responder Sample Course Schedule 1

Day 1

Logistics, Introduction
General Concepts in WM
Patient Assessment System
Critical Body Systems
PAS Practice
Spine Injury Assessment
Homework

Day 2

Homework Review
Lifting, moving, extrication
Spine stabilization, litter packaging
Exposure control
BLS and CPR
Hypoglycemia
Anaphylaxis and Asthma
BLS skills stations
Homework

Day 3

Homework Review
Environmental Medicine
Toxins, Bites, and Stings
Backcountry Medicine
Practical Sessions
Homework

Day 4

Homework Review
Musculoskeletal Injuries
Extremity Splinting
Dislocations
Small group scenarios
Homework: scenarios for day 5

Day 5

Large Group Scenarios
Medical legal
Soft Tissue Injury
Wound Cleaning and Exploration
Medical Kits
WFR Final Test
Course End Paperwork