

Standard Wilderness First Responder (80 hrs)



Day 1: 8 am-5:30/6 pm (8-9 hrs)

- Opening & Course Paperwork
- Course Introduction & Medical/Legal Considerations
- General Concepts in Patient Care
- Body Defenses
- Basic Pharmacology
- Introduction to the Patient Assessment System
- Basic Life Support Lab & Simulations
- Wilderness Adult & Child CPR/AED Skills Lab
- Case Study Homework

Day 2: 8 am-5:30/6 pm (8-9 hrs)

- Introduction to Trauma
- Critical System Problems
- Stable & Unstable Extremity Injuries
- 3rd Triangle Skills Lab & SOAP Evaluation Process
- Traumatic Video Simulations
- Case Study Homework
- Demo & assign cut T-shirt rolls

Day 3: 8 am-5:30/6 pm (8-9 hrs)

- Case Study Homework Review
- Quiz
- Basic Extremities Splinting Lab
- Wounds Lecture
- Wounds Lab
- Focused Spine Assessment
- Traumatic Video Simulations
- Case Study Homework

Day 4: 8 am-5:30/6 pm (8-9 hrs)

- Spine Assessment Quiz
- Case Study Homework Review
- Dehydration
- Sunburn Exposure
- Heat Exhaustion, Heat Stroke, & Hyponatremia
- Minor Heat Injuries
- Hypothermia
- Drowning
- Cold Injuries
- Spine Management Lab
- Case Study Homework

Day 5: 8 am-5:30/6 pm (8-9 hrs)

- Case Study Homework Review
- Quiz
- Wilderness Bites & Stings
- Allergies
- Anaphylaxis
- Injection Lab & Allergies, Anaphylaxis, & Toxins Worksheet
- Traumatic Video Simulations
- Case Study Homework

Day 6: 8 am-5:30/6 pm (8-9 hrs)

- Case Study Homework Review
- Quiz
- Lightning Injuries
- Altitude
- Dislocations Lab
- Traumatic Video Simulations
- Case Study Homework

Day 7: 8 am-5:30/6 pm (8-9 hrs)

- Case Study Homework Review
- Asthma
- Diabetes: Hypoglycemia & Hyperglycemia
- Heart Attack, Angina, & Stroke
- Ears, Eyes, Nose, Throat, & Teeth Interactive Case Studies
- Advanced Extremities Splinting Lab
- Improvised Litters and Carries
- Case Study Homework

Day 8: 8 am-5:30/6 pm (8-9 hrs)

- Case Study Homework Review
- Traumatic Video Simulations
- Assessing Medical Problems
- Medical Simulations

Day 9: 8 am-5 pm (8 hrs)

- Mass Casualty Video Simulation
- Litter Carries & Passes
- Written WFR & WCPR Exams & Review
- Medical Equipment & First Aid Kits

General Course Information

Wilderness Medicine Training Center International's Wilderness First Responder course exceeds the minimum WFR Scope of Practice guidelines established by the Wilderness Medicine Education Collaborative. When you have successfully completed WMTC's standard WFR course, you will receive a WMTC WFR certification card; the card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. You will also receive a WMTC Epinephrine certification card confirming that you have been taught how to treat anaphylaxis with injectable epinephrine; some states require an epinephrine certification to permit you to carry and use epinephrine for the emergency treatment of anaphylaxis. And, you will receive a WMTC Adult & Child/AED Wilderness CPR certification. It is your responsibility to stay current with both your understanding and practice. You may recertify via a WMTC WFA, WAFA, WFR & WEMT Recertification, or by taking the course again. You must recertify before your certification expires; there is no grace period.

If you hold a current EMT certification or license, you may upgrade to a Wilderness EMT certification if you successfully complete our online WEMT exams within two months of the end of your WFR. Login information and directions will be sent to you via email prior to or upon completion of your course. *If you have do not receive the login information for your online exams within a week of completing the WFR course, please contact our office.* In order to recertify your WEMT and remain certified as a WEMT, you must have a current NREMT certification or state EMT license.

Course tuition includes instruction, our water-proof, tear-resistant field manual *the Wilderness Medicine Handbook*, our Patient SOAP notes and, if you have registered to upgrade to a WEMT, access to the WEMT online exams. If you haven't already done so, please download and read a copy of our student handbook.

Standard WFR Lab Descriptions

- Basic Life Support Lab: Addresses all elements of the Scene size-up and Initial Patient Exam. Cutable simulation clothing is required.
- Adult & Child WCPR/AED Skills Lab: Obstructed airway, Adult & Child Wilderness CPR, and AED instruction, manikin practice, and certification.
- Basic Extremity Splinting Lab: Padded aluminum splints are used to improvise extremity splints. Bring a cut T-shirt roll and a pair of heavy hiking socks; socks will not be cut.
- Advanced Extremity Splinting Lab: common expedition equipment is used to improvise effective lower extremity splints.
- Wound Cleaning Lab: Pig's feet are used for training realistic wound cleaning.
- Focused Spine Assessment Lab: How to assess and rule out possible spine injuries in a wilderness context.
- Injection Lab: Hands-on instruction in injectable epinephrine required for the treatment of anaphylaxis.
- Improvised Carries Lab: One and two person split coil carry ± true backpack carry.
- Spine Management Lab: Lifting, moving, and packaging potentially spine-injured patients on their back and side in a commercial and/or improvised litter, and in an improvised stretcher.
- Improvised Rope Litter Lab: A daisy chain rope litter is demonstrated and practice.
- Dislocations Lab: Relocation techniques for indirect anterior shoulder, lateral patella, and digits are demonstrated and practiced. Jaw reduction and passive anterior shoulder reduction techniques are demonstrated.
- Improvised Hypothermia Packaging Lab: Sleeping bags, pads, tarps or plastic sheeting, and water bags/bottles are used to improvise a hypothermia package.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cutable simulation clothing is required.