

# Wilderness First Aid & CPR

In this course, the participant will acquire skills and knowledge that will enable them to respond to medical emergencies appropriately in a remote environment where definitive care by a physician and/or rapid transport is not readily available. This training is targeted to the outdoor enthusiast on day trips or short adventures.



## Intended Audience

- Adventure professionals
- Mountaineers
- Physical education teachers
- Sports coaches
- Lifeguards
- Students
- Or anyone who works or spends time in remote environments.

## Course Description

- Basic Life Support (CPR/AED – Adult/Child/Infant)
- Patient Assessment - Primary and Secondary Assessments
- Patient Assessment – Vital Signs
- Head/Brain, Neck and Spinal Injuries
- Bone and Joint Injuries
- Cuts & Wounds
- Heat-Related Emergencies – Heat Exhaustion, Heat Stroke
- Cold Related Emergencies – Hypothermia & Frost Bite
- Altitude-Related Illnesses – AMS, HAPE, HACE
- Allergies and Anaphylaxis
- Burns

## Participants will learn through

- Lectures & Demonstrations
- Video presentations
- Discussions and interactions
- Repeated Practice of CPR & AED
- Lifting and moving techniques, Spinal Immobilization
- Practice of Emergency moves
- Splinting and Bandaging techniques
- Practice of Vital Signs and oxygen therapy

## Course Material

VIVO Emergency Response Handbook

## Highlights

**Duration:** 16 Hours  
**Certification:** VIVO Healthcare  
**Validity:** 2 Years