



Viristar
WAFA to WFR Bridge

**(Wilderness Advanced First Aid to
Wilderness First Responder)**

Course Schedule

Topics

- Day 1 Welcome, registration
Introduction
Review Pre-course Study Packet
Patient Assessment
Circulatory System
- Respiratory Systems
Patient Assessment Drills
Basic Life Support (including Adult/Child/Infant CPR, Oxygen & AED)
- Day 2 Quiz/Case Studies Review
Nervous System
Spine Management
Musculoskeletal System
Patient Assessment Drill
- Dislocations
Patient Immobilization
Litter Carries
Patient Assessment Drills
- Day 3 Quiz/Case Studies Review
Allergy & Anaphylaxis
Altitude or Diving
Frostbite
Drowning
- Improvised Litters
Simulation

Day 4 Case Study Review
Backcountry Medicine
Toxins

Medical Kits
Patient Assessment Drills
Testing and Conclusion



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Certification by Wilderness Medical Associates International