



**Viristar**  
**Wilderness Advanced First Aid**

**Course Schedule**

<b>Topics</b>	<b>Homework</b>
Day 1 Welcome, registration, introduction General Principles Patient Assessment System Infection Control  BLS/ALS Cardiopulmonary Resuscitation (CPR), Adult Circulatory System Respiratory System	OB Wilderness First Aid Handbook Chapters 1-6, 9 Wilderness Protocols & fact sheets, WAFA Class Notes pp. 81-93 Vital Signs Case Studies 3, 38
Day 2 Nervous System Spine Anatomy Lifting/Moving/Extrication  Spine Injury Evaluation—Wilderness Musculoskeletal Injuries Splints - Extremities	FA Handbook Chapters 7, 10-14, 16, 18 Case Studies 8, 10 Vital Signs
Day 3 Thermoregulation Toxins Lightning  Submersion Injury Allergies and Anaphylaxis Improvised Patient Carries Wounds and Burns	FA Handbook Chapters 19-24, 27-8, 32-6, Appendix Case Studies 7, 20 Vital Signs
Day 4 Simulation Backcountry Medicine Medical-Legal Issues  Testing Cleanup, Paperwork, Closure	Vital Signs



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