



Viristar
Wilderness First Aid

Course Schedule

Topics

Day 1 Welcome, registration, introduction

General Principles

Patient Assessment System

Basic Life Support & Adult CPR

Circulatory System

Respiratory System

Nervous System

Long Bone, Joint & Stable Musculoskeletal Injuries

Extremities Splinting

Day 2 Medical-Legal

Anaphylaxis

Improvised Patient Carries

Environmental Medicine: Thermoregulation, Submersion Injury, Lightning/Electrical Injury

Wounds & Burns

Lifting, Moving & Extrication

Backcountry Medicine

Testing, Conclusion



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