



Viristar
Wilderness First Responder (5-day)

Course Schedule

Topics	Homework
Day 1 Introduction General Principles Patient Assessment System (PAS) I, II Infection control Basic Life Support & CPR PAS III Critical Body Systems Spine Anatomy Lifting, Moving, Extrication	Workbook Case Studies 36, 38 Vital Signs
Day 2 Spine Splinting Litter Carries Improvised litters Spine Injury Evaluation Improvised Patient Carries Musculoskeletal System Dislocations Allergy & Anaphylaxis	Workbook Case Studies 9, 21 Vital Signs
Day 3 Asthma Hypoglycemia Wounds & Burns: Wounds Lab Practical sessions Simulation	Workbook Case Studies 30, 37 Vital Signs
Day 4 Backcountry Medicine Environmental Medicine Simulation	Vital Signs

(see page 2)

Day 5 Altitude
Medical Legal
First Aid Kits
Elective Topics

Vital Signs

Testing
Cleanup
Paperwork
Graduation



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Certification by Wilderness Medical Associates International