



Viristar
Wilderness First Responder

Course Schedule

Topics	Homework
Day 1 Welcome, registration Introduction General Principles Patient Assessment System (PAS) I Infection Control PAS II & Basic Life Support (BLS) skills BLS/ALS Cardiopulmonary Resuscitation (CPR)	Wilderness & Rescue Medicine Ed. VI: Chapters 1-7 Class Notes 2015: Appendix (p. 151 to end)
Day 2 PAS III Circulatory System Respiratory System Nervous System	Chapter 15 Workbook Case Studies 3, 5, 8 Vital Signs
Day 3 Spine Anatomy Lifting/Moving/Extrication Spine Splinting & Litter Carries Improvised Litters Spine Injury Evaluation—Wilderness Improvised Patient Carries	Chapters 11, 13, 14 Case Studies 10, 14 Vital Signs
Day 4 Musculoskeletal Injuries Extremities Splinting Dislocations Simulation	Chapters 8, 9, 16, 24, 25 Case Studies 15, 18 Vital Signs
Day 5 Allergy & Anaphylaxis Asthma Wounds & Burns Thermoregulation Cold Injuries	Chapters 10, 28-30, Appendix A Case Studies 20, 23, 28 Vital Signs

Day 6 Toxins, Arthropod Disease Vectors
Hypoglycemia
Electricity/Lightning Injuries
Submersion Injury
Simulation

Chapters 12, 17-23
Case Studies 7, 21, 30, 34
Vital Signs

Day 7 Backcountry Medicine

Simulation

Chapters 26, 27
Case Studies 36, 27, 38
Vital Signs

Day 8 Altitude Illness
Avalanche
Medical-Legal Issues
First Aid Kits
Final/Elective Topics

Testing
Cleanup
Paperwork
Graduation

Vital Signs



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