



Viristar
Wilderness Advanced First Aid

Course Schedule

Topics

Day 1 Welcome, registration, introduction
General Principles
Patient Assessment System
Infection Control

BLS/ALS
Cardiopulmonary Resuscitation (CPR), Adult
Circulatory System
Respiratory System

Day 2 Nervous System
Spine Anatomy
Lifting/Moving/Extrication

Spine Injury Evaluation—Wilderness
Musculoskeletal Injuries
Splints - Extremities

Day 3 Thermoregulation
Toxins
Lightning

Submersion Injury
Allergies and Anaphylaxis
Improvised Patient Carries
Wounds and Burns

Day 4 Simulation
Backcountry Medicine
Medical-Legal Issues

Testing
Cleanup, Paperwork, Closure

Certification by WMAI.
Precise schedule may vary.