



# Wilderness and Remote First Aid

**What:** Wilderness and Remote First Aid

**Where:** North River Kayak Tours, North River, Cape Breton, N.S.

**When:** Fri. June 5-2009 9:00 am - 5:00 pm (evening study)  
 Sat. June 6-2009 9:00 am - 5:00 pm (Woods overnight)  
 Sun. June 7-2009 8:00 am - 5:00 pm

**Cost for 3 day \$235 + tax (extra day for advanced \$285 + tax)**

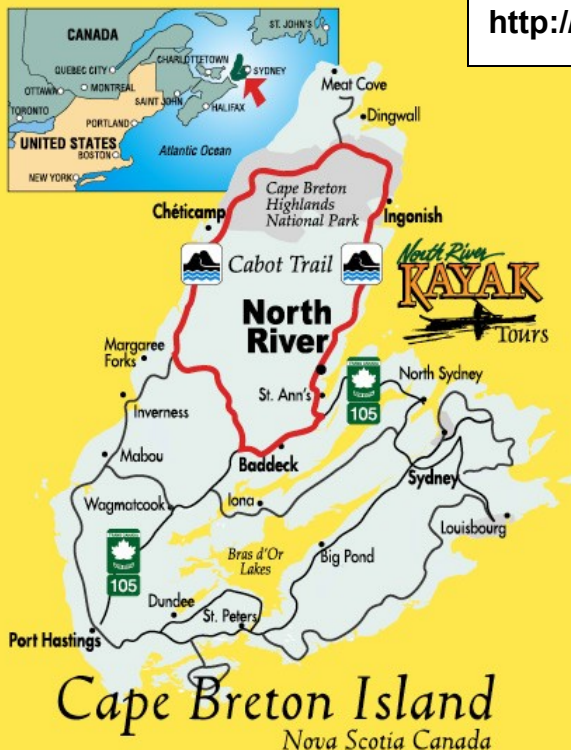
Mon. June 9 9:00 am - 5:00 pm (4 day additional day)

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**Instructor:** Blair Doyle Email: [adventure@hfx.eastlink.ca](mailto:adventure@hfx.eastlink.ca), Tel - 902.434.9122

**Online at:** [www.WRFA.ca](http://www.WRFA.ca)



<http://www.northriverkayak.com/location.html>

The overnights: **Come prepared to be outdoors given the time of year. If conditions or camping ability warrants we can stay at the base indoors. The goal is to experience night time issues. We are not camping a significant distance away, returning for meals. Prepare: Suggested what to bring attached. This will be a very active and experiential approach to learning. Come prepared with lots of physical and mental energy.**

**Accommodations:** Tenting @ NRKT available  
 Log cabin available (10 minute walk from shop)

**Meals:** Bring your own food & snacks

**Boating Gear If Needed Provided by NRKT**

**Driving Time to North River**

Location	Time	Location	Time
Baddeck	30min.	Ingonish	55min.
Sydney Airport	60min.	Cheticamp	90min.
Margaree	55min.	Halifax Airport	4hrs.

# Wilderness and Remote First Aid

This will be a practical based 3-day course designed for individuals who will be participating in wilderness activities within hours or days of advanced medical care. This course will enable participants to have an appreciation for the realities of providing First Aid in a Wilderness/ Remote Environment. Emphasis will be on practical skills, decision making and dealing with the outdoors.

## **Introduction**

### **Wilderness First Aid vs. Urban First Aid**

### **Principle Body Systems - Homeostasis**

### **Shock & Backcountry Management of Shock**

### **Emergency Action Principles**

- Accessing E.M.S.
- Primary Survey

### **Obstructed Airways (Adult, Child, Infant)**

### **Rescue Breathing (Adult, Child, Infant)**

### **CPR (Adult, Child, Infant)**

### **CPR in the wilderness**

### **Secondary Survey**

- Assessment & SOAPing

### **First Aid kits and Supplies**

### **Soft Tissue Injuries**

- Wounds & Cleaning
- Burns/ Blisters

### **Environmental Emergencies**

- Thermoregulation - Hypothermia and Hyperthermia
- Cold Related Injuries
- Water Related Injuries
- Lightning

### **Head and Spinal Cord Injury Management**

- Immobilization and Evacuation Issues

### **Minor Head Injuries**

- Eyes, Ears, Nose, Mouth, Dental

### **Musculoskeletal Injuries**

- Sprains, Strains, Fractures
- Reduction and Improvised splinting

### **Medical Conditions**

- Poisoning, Allergic reactions
- Seizures, Diabetes, Stroke
- Gastrointestinal vs. Acute Abdominal

### **Backcountry water disinfecting**

### **Second Aid and Evacuation**

### **Course Debriefing and Exam**

## **Survival Pack Contents List**

Halifax Regional Search and Rescue has got a standard survival pack to be carried by members while on search. This is placed here to encourage participants in the Wilderness and Remote First Aid course to have the "X 'd" items in their packs for the course. You are recommended to "test" any gear that you would have with you in the back of beyond!

**“Everything you have with you should have three uses, one of which is First Aid”**

### **Sustenance**

- 2 Litre of water
- Quick High Energy Food (bars, hard candy, G.O.R.P., Boost, etc. )
- Hot Food (Soup Mix, Hot Coca, etc.)

### **Attention Getting Equipment**

- Whistle (non-metallic, no bead)
- 2 roles of Flagging
- Metal Mirror (on compass?)
- 10" x 10" Aluminum Foil

### **Basic Survival Gear**

- Knife
- First Aid kit
- Extra Compass
- Extra Socks
- Extra Warm Hat
- WATERPROOF Rain Gear
- Extra Clothing (given the conditions)
- Hatchet or Small Saw
- Extra Small Flashlight (can fit into mouth)
- Extra Flashlight Batteries

- Extra Flashlight Bulb
- Matches/Lighter (Waterproofed)
- Toilet Paper
- Garbage Bag (Orange)
- Extra Gloves or Mitts
- Fire starter
- Metal Mug & Spoon (cooking! )
- Water Purification Tablets
- 2 Safety Candles (2" in diameter)

### **Sheltering Equipment**

- 8x10 Tarp (polypropylene, drop cloth, etc.)
- All Weather Solar Blanket
- Rope or Parachute Cord (50' preferred)

### **Basic Gear**

- Sturdy WATERPROOF boots (covering ankle and heel with sealed tongue)
- Proper attire given the conditions (gloves, hat, long johns, etc.)
- Something orange beyond a hat
- Working sturdy flashlight (plus extra batteries & bulb)
- Orienteering Compass
- Notebook, pencil and pencil sharpener
- Zip Lock Baggies (for Map and Radio/ Phone)
- If carrying a Radio/ Cell phone or GPS, get extra batteries

### **Optional Gear Suggestions:**

Binoculars, Sun block, Lip Medication, Safety glasses or Snow Goggles, Ice cleats, Helmet, Throw bag, Snow shoes / ski poles, plus any item you deem essential

**Overnight Camping Gear:** be prepared for the season - *tenting is the norm, stove, lantern, etc. optional.*

# Wilderness and Remote First Aid

## Outdoor Leaders Adjunct to a

### Wilderness and Remote First Aid Course

- **The Outdoor Leaders Role and Responsibilities**

- Leadership? Preparation
- Legal concerns
- Report forms
- Trip/ Float/ Flight Plan
- Medical Disclosure Forms
- Client expectations

- **Risk Awareness and Management**

- Human and Environmental hazards model

- **Critical Incident Stress**