

Viristar
Wilderness First Responder (5-day)

Course Schedule

Topics

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

Day 2 Spine Splinting
Litter Carries
Improvised litters
Spine Injury Evaluation
Improvised Patient Carries

Musculoskeletal System
Dislocations
Allergy & Anaphylaxis

Day 3 Asthma
Hypoglycemia
Wounds & Burns: Wounds Lab
Practical sessions

Simulation

Day 4 Backcountry Medicine
Environmental Medicine

Simulation

(see page 2)

Day 5 Altitude
Medical Legal
First Aid Kits
Elective Topics

Testing
Cleanup
Paperwork
Graduation

Certification by WMAI.
Precise schedule may vary.