



Viristar
WAFA to WFR Bridge

(Wilderness Advanced First Aid to Wilderness First Responder)

Course Schedule

Topics

- Day 1 Welcome, registration
Introduction
Review Pre-course Study Packet
Patient Assessment
Circulatory System

Respiratory Systems
Patient Assessment Drills
Basic Life Support (including Adult/Child/Infant CPR, Oxygen & AED)
- Day 2 Quiz/Case Studies Review
Nervous System
Spine Management
Musculoskeletal System
Patient Assessment Drill

Dislocations
Patient Immobilization
Litter Carries
Patient Assessment Drills
- Day 3 Quiz/Case Studies Review
Allergy & Anaphylaxis
Altitude or Diving
Frostbite
Drowning

Improvised Litters
Simulation

(see page 2)

Day 4 Case Study Review
Backcountry Medicine
Toxins

Medical Kits
Patient Assessment Drills
Testing and Conclusion

Certification by WMAI.
Precise schedule may vary.