



Viristar
Wilderness First Responder

Course Schedule

Topics

- 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)
- Day 2 PAS III
Circulatory System
- Respiratory System
Nervous System
- Day 3 Spine Anatomy
Lifting/Moving/Extrication
Spine Splinting & Litter Carries
Improvised Litters
- Spine Injury Evaluation—Wilderness
Improvised Patient Carries
- Day 4 Musculoskeletal Injuries
Extremities Splinting
Dislocations
- Simulation

(see page 2)

Day 5 Allergy & Anaphylaxis
Asthma

Wounds & Burns
Thermoregulation
Cold Injuries

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

Day 7 Backcountry Medicine

Simulation

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

Testing
Cleanup
Paperwork
Graduation

Certification by WMAI.
Precise schedule may vary.