

School of First Aid

Wilderness First Aid Certification Course Curriculum

The School of First Aid's Wilderness First Aid Certification Course covers all the topics found in a sixteen-hour WFA Certification Course.

Welcome to Wilderness First Aid

- Welcome to Wilderness First Aid
- About the instructor
- Download and Installation Instructions for the Online and App Versions of the Textbook

The Patient Assessment System

- Wilderness First Aid Care Vs The "Golden Hour"
- Primary Patient Assessment System Presentation and Demonstration
- Patient Rolls - Log Roll and Recovery Roll Demonstration
- Virtual Reality Practice Scenario - Primary Assessment Practice
- Secondary Assessment Presentation and Demonstration
- SOAP Note
- Lifting and Moving Patients
- Virtual Reality Practice Scenario - Secondary Assessment Practice
- Knowledge Practice - Primary and Secondary Assessment
- Musculoskeletal System
- Leg Splinting Lecture and Demonstration
- Spine Clearing Checklist and Demonstration
- Arm Splinting Lecture and Demonstration
- Knowledge Practice - Musculoskeletal Injury

Soft Tissue Injuries

- Introduction to the Circulatory System
- Bleeding Control
 - Pressure Dressing Presentation and Demonstration
 - Hemostatic Dressing Presentation and Demonstration
 - Wound Packing Presentation and Demonstration
 - Digital Pinch and Digital Pressure Presentation and Demonstration
 - CAT Tourniquet Presentation and Demonstration
 - SWAT Tourniquet Presentation and Demonstration
- Wound Cleaning and Care
- Impalements
- Amputations
- Gunshot Wounds

- Open Pneumothorax
- Infection
- Bites and Stings - Mammal, Snake and Insects
- Lightning
- Friction Blisters
- Burns
- Hypothermia
- Frostbite
- Virtual Reality Practice Scenario - "I'm Cold!"
- Knowledge Practice - Soft Tissue Injury

Illnesses

- Illness Assessment
- Viral and Bacterial Illnesses
- Meningitis
- Heat Illnesses
- Chest Pain
- Allergic Reaction
- Anaphylaxis
- Asthma
- Breathing Too Fast/Too Slow
- Hypoglycemia
- Virtual Reality Practice Scenario - "I Feel Dizzy."
- Brain Injuries
- Stroke
- Altered Level of Consciousness
- Altitude Illness
- Abnormal Breathing
- Shock
- Virtual Reality Practice Scenario - "I Feel Sick to My Stomach."
- Knowledge Practice - Illnesses

Wrap up

- Virtual Reality Skills Practice
- Receive WFA Certification Documentation via Email