

# Wilderness First Responder Class Schedule

## DAY 1

### Morning

Introductions: Wilderness vs. Urban  
Patient Assessment System

### Afternoon

Patient Assessment System  
Documentation

*Readings: Ch. 1*

## DAY 2

### Morning

Spinal Cord Injury  
Lifting and Moving  
Spinal Immobilization & Litter Packaging

### Afternoon

Chest Injury  
Shock

*Readings: Ch. 2, 3, 4*

## DAY 3

### Morning

Focused Spinal Assessment  
Head Injury

### Afternoon

Athletic Injury  
Fracture Management

### Evening

Traction Splinting  
Dislocations

*Readings: Ch. 4, 5, 6*

## DAY 4

### Morning

Wilderness Wound Management

### Afternoon

Hypothermia, Frostbite and Non-Freezing Cold Injury  
Heat and Hydration

*Readings: Ch. 7, 8, 9, 10, 23*

## DAY 5

### Morning

Altitude Illness  
Bites and Stings

### Afternoon

Lightning  
Submersion  
Leadership, Teamwork, Communication

*Readings: Ch. 11, 12, 13, 14, 26*

## DAY 6-DAY OFF

## DAY 7

### Morning

Cardiac  
CPR

### Afternoon

CPR  
Respiratory  
Altered Mental Status

*Readings: Ch. 17, 19*

## DAY 8

### Morning

Acute Abdomen  
Allergies and Anaphylaxis

### Afternoon

Diabetes  
SAR, Evac and Emergency Plans

### Evening

Mock Rescue

*Readings: Ch. 16, 18, 19, Appendix B*

## DAY 9

### Morning

Decision-making  
Mental Health  
Urinary and Reproductive

### Afternoon

Poisoning  
Communicable Disease  
Medical Legal

*Readings: Ch. 12, 20, 21, 22, 27, 28, 29*

## DAY 10

### Morning

Common Problems Wrap-up  
Wilderness Drug and First Aid Kits  
Written and Practical Exams

*Readings: Ch. 24, 25, Appendix A*

### Afternoon

Written and Practical Exams  
Closing Ceremony