

# Wilderness First Aid

ASHI's 16-hour Wilderness First Aid program is designed to meet or exceed the Boy Scouts of America *Wilderness First Aid Curriculum and Doctrine Guidelines, 2017 Edition*. The program includes a robust PowerPoint presentation and a greater focus on hands-on skills and scenario practices.

## Intended audience

Individuals who are not healthcare providers or professional rescuers but desire or are required to be certified in wilderness first aid knowledge and skills.

## Prerequisite

Certification in adult CPR and AED is required. Prior completion of a basic first aid class is strongly encouraged.

## Class configurations

- Max student to instructor ratio: 10 to 1
- Recommended student to equipment ratio: 3 to 1

## ASHI-approved training materials

### Instructor materials

- *Wilderness First Aid* Instructor Guide (one per instructor; print or digital)
- Skills Demonstration DVD (*Please note this component is currently being finalized. It will be shipped at a later date to Training Centers that purchase the Program Package.*)

### Student materials

- Student Book (one per participant; print or digital)

## Digital resources

- Online access to support materials including program PowerPoint
- Streaming video player
- Track past, present and future classes through TC portal

## Recognized certification period

Up to 2 years

## Successful completion (certification)

- *Written evaluation:* When not required by a regulatory agency, it is optional.
- *Performance evaluation:* All students must perform required skills competently without assistance.

## Recommended time to complete

- Initial training: Approximately 16 hours





### Course topics

- Wilderness First Aid
- Protecting Yourself
- Legal Considerations
- Moving and Lifting
- Scene Assessment
- Initial Assessment
- Focused Assessment
- Shock
- Control of Bleeding
- Major Wounds
- Facial Injuries
- Minor Wounds
- Cleaning, Closing, and Dressing Wounds
- Burns
- Head, Neck, or Back Injuries
- Musculoskeletal Injuries
- Extended Injury Management
- Altered Mental Status
- Breathing Difficulty, Shortness of Breath
- Abdominal Problems
- Pain, Severe Pressure, or Discomfort in Chest
- Poisoning
- Heat Emergencies
- Cold Emergencies
- Bites and Stings
- Submersion (Drowning)
- Lightning Strikes
- Altitude Illnesses
- Emotional Considerations
- First Aid Kits
- Protection from the Elements
- Water and Food

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