

Wilderness First Responders are individuals who are trained to respond to emergency situations in remote settings.

## Wilderness First Responder Course Description:

The IPNA Wilderness First Responder (WFR) course is a 80 hour scenario based course designed to instruct and give hands on learning of wilderness medicine evacuation and decision making guidelines. It also provides wilderness medicine practitioners with current updates in the wilderness medicine field. This course includes adult CPR/AED.

A wilderness first responder is trained to deal with many situations that may be encountered in the wilderness. While a standard First Responder course as taught by an organization such as the Red Cross may require 40 hours of training, the typical Wilderness First Responder Course involves 80 hours of training. Wilderness first responder training courses focus on teaching the students to assess a situation, improvise solutions using available resources to stabilize the patient and identify the best way to get the patient to definitive medical treatment. In many courses, students are encouraged to develop the habit of systematically thinking through and documenting their assessment decisions/plans. Topics covered usually include, but are not limited to, the following principles:

- **Basic Life Support (BLS):** This includes basic adult CPR and AED training. It assesses all elements of the first part of the Patient Assessment System.
- **Dislocations:** This deals with assessing and treating dislocations in the field. It includes training in the reduction of simple dislocations of the patella, digits, and shoulder.
- **Wounds:** This focuses on practical cleaning methods for “high risk” wounds; one of the more common injuries in the outdoors. The use of pig’s feet is very similar to human skin and musculature and is used for life like training.
- **Extremities Splinting:** Various materials are used to teach students how to improvise effective extremity splints with available gear.
- **Spine Assessment:** Teaches students how to assess and rule out possible spine injuries in a wilderness context.
- **Spine Management:** This focuses on lifting and moving spine injured patients and subsequent immobilization on a backboard or litter.
- **Improvise Litters & Carries:** This shows students how to improvise and package different litters, to create alternate methods for evacuating non-spine injured patients, and to improvise traction splints.
- **Simulations:** Each course has numerous simulations designed to help you practice in a realistic environment where fake wounds, blood, etc. are used to increase the learning curve.



## WFR Lab Descriptions

- **Basic Life Support Lab (BLS):** This lab includes basic adult CPR and AED training. It assesses all elements of the first part of the Patient Assessment System.
- **Dislocations Lab:** This lab deals with assessing and treating dislocations in the field. It includes training in the reduction of simple dislocations of the patella, digits, and shoulder.
- **Wounds Lab:** This lab focuses on practical cleaning methods for “high risk” wounds; one of the more common injuries in the outdoors. The use of pig’s feet is very similar to human skin and musculature and is used for life like training.
- **Extremities Splinting Lab:** Various materials are used to teach students how to improvise effective extremity splints with available gear.
- **Spine Assessment & Lab:** Teaches students how to assess and rule out possible spine injuries in a wilderness context.
- **Spine Management Lab:** This lab focuses on lifting and moving spine injured patients and subsequent immobilization on a backboard or litter.
- **Improvise Litters & Carries Lab:** This lab shows students how to improvise and package different litters, to create alternate methods for evacuating non-spine injured patients, and to improvise traction splints.
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