

Wilderness First Responder 80 hours



Pre-Course Handout

**Institute for Permaculture
and Nature Awareness**

Caherciveen, County Kerry, Ireland

353.(0)66.948.1944

www.ipna.ie

WFR Schedule
9a-6p Daily

Pre-Course Study Schedule

Intro to Wilderness Medicine
Ethics & Legal Issues
Environmental Injuries
-Altitude injuries
-Submersion Emergencies
-Bites, Stings, Rash, Poisoning
-Lightening
Common and Simple Wilderness Injuries
Poisoning
Communicable Diseases & Hygiene
Gender Specific Emergencies
Psychological Emergencies
Emergency Procedures for Groups
Wilderness Transportation for the sick
and injured

**Hands on WFR Schedule located at
the IPNA campus**

Day 1

Written Exam on Precourse Material
Patient Assessment
Spinal & Head Injuries
Focused Spine Assessment
CPR & AED

Day 2

Shock, Bleeding & Wounds
Spinal Immobilization
-Litter Construction & Carry
Orthopedic Injuries I

Day 3

Orthopedic Injuries II
-Fracture Management/Splinting
Wilderness Wound Management
-Infections
Medical Emergencies I
-Cardiac
-Respiratory
-Neurological
-Abdominal
Common and Simple Wilderness Injuries

Day 4

Medical Emergencies II
-Allergies and Anaphalaxis
-Diabetes
-Gender Medical Topics
-Communicable Diseases
Environmental Injuries
-Hypothermia, frostbite
-Hyperthermia, heat stroke

Day 5

Herbal Medicine
Acupressure
Long Term Low Tech Patient Care
Mass Casualty Exercise
Review
Written Exam
Wilderness Medical Kits



Pre-Course Study Requirements

The following subjects must be studied prior to the student arriving at the IPNA campus for the hands on portion of this course. There will be a 20 question multiple-choice exam during the first day of the residential course. Students must pass this exam with at least a 70% correct answers. Failed exams will be reviewed with the student and one (1) exam retake will be allowed.

Students who do not pass this pre-course exam will be asked to enroll in future WFR courses and will forfeit their registration fees.

COURSE TEXTBOOK:

Wilderness First Responder, by Buck Tilton.

ISBN 0762728019

Chapter List for Pre-Course studies

Chapter 1: Wilderness Emergency Medical Care

Chapter 2: Legal Issues in Wilderness Medicine

Chapter 18: Altitude Illnesses

Chapter 19: Immersion Injuries

Chapter 20: Lightning Injuries

Chapter 27: Poisoning Emergencies

Chapter 30: Communicable Diseases & Camp Hygiene

Chapter 31: Common and Simple Medical Problems

Chapter 32: Gender Specific Emergencies

Chapter 34: Psychological and Behavioral Emergencies

Chapter 35: Emergency Procedures for Outdoor Groups

Chapter 36: Wilderness Transport of the Sick or Injured

If you wish to study ahead before class starts.....

Chapter Three: Patient Assessment

