

Casual Hiker, Rural Living, or Urban Disaster: **Wilderness First Aid**

Certification Course

a Blue Ridge Mountain Sports Community Event

Who: Open to the general public. Instructor: Matthew Rosefsky, Wilderness EMT (NREMT-B)

What: Hands-on learn how to save life and limb during the critical minutes or hours before ambulance / hospital hand-off. Blends classroom instruction, hands-on rescue scenario practice, and Q&A, resulting in SOLO WFA 2-year certification. Approved by the Boy Scouts of America and the American Camping Association. For adults and youths ages 12+. No prerequisites. More info: www.solowfa.com or 434-760-HIKE (4453)

When & Where:	• Richmond, VA	January 7-8, 2012
	• Norfolk, VA (full).....	January 21-22, 2012
	• Charlottesville, VA.....	February 11-12, 2012
	• Blacksburg, VA.....	February 25-26, 2012
	• Warrenton, VA (in Northern VA).....	March 24-25, 2012
	• Knoxville, TN.....	April 14-15, 2012
	• Charlottesville, VA.....	April 28-29, 2012
	• Princeton, NJ.....	May 12-13, 2012
	• Madison, NJ.....	May 19-20, 2012

Why: Accidents can and do happen in rural and wilderness areas (including the 'wilderness' of concrete rubble in an urban disaster), and all-too-often members of a group are not capable of dealing with the emergency. Not only does this lead to improper care of the patient, but it also endangers the entire group. Studies have shown that many recreational accidents are preventable, and that improper care of trauma can compound even the simplest of injuries. Very few first aid programs actually address the issues of providing emergency care in a rural, wilderness, or extended care setting. In this course, lectures and discussions are interwoven with practical work and problem-solving exercises. The emphasis is always on hands-on experience. Scenarios are a major part of this training. Duration: 8:30am – 6pm both days; you come away with actual do-it-yourself care-giving confidence.

Topics: • **Beyond the 'golden hour':** back-country injury challenges and long-term patient care

- **Patient Assessment System:** thorough patient exam, treatment, monitoring, safety, & documentation
- **Orthopedic Injuries and Treatment:** Sprains, Strains, Fractures, and Spinal Cord Management
- **Circulatory System Form and Function:** Heart, Lungs, Arteries, Veins, Capillaries, Brain
- **Soft Tissue Injuries and Wound Treatment:** Contusions, Abrasions, Lacerations, Flap Avulsions, Amputation, Punctures, Impalements, Bites, Stings, Blisters, Burns, and Infections
- **Environmental Injuries and Treatment:** Cold, Heat, Dehydration and Back-country Survival
- **Medical Emergencies and Critical Care:** Shock, Allergies, Brain and Heart
- **Patient movement:** spinal cord precautions and clearing; pre- and post-treatment evacuation

Cost: \$175 (advance registration online required)

Charity: BRMS will choose and donate to local 501(c)(3) nonprofit organizations 10% of course proceeds

Signup: **Spaces limited. Register at www.solowfa.com**