

Wilderness First Aid Certification Course

- Who:** Open to the general public. Instructor: Matthew Rosefsky, Wilderness EMT (NREMT-B)
- What:** SOLO Wilderness First Aid 16-hour Certification Course (valid for two years): designed for the adventurous who may find themselves away from immediate help and may have to rely on their own skills to help others and to survive and thrive if an emergency should arise. Open to all, this course is recognized by the American Camping Association as the minimal standard for camp counselors -- both day hiking and overnight hiking leaders. More info: www.outdoorsocial.com/wfa.htm
- When:** **May 1-2, 2010;** 8:30am - 5:30pm each day
- Where:** Charlottesville, Virginia at the Ivy Creek Natural Area
- Why:** Accidents can and do happen on ropes courses, along country roads, or in the backcountry, 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.

Topics:

- **Beyond the 'golden hour':** back-country injury challenges and long-term patient care
- **Patient Assessment System:** thorough patient examination, treatment, monitoring, safety, and 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: \$165 (advance registration required) or \$140 for Outdoor Adventure Social Club Members

Charity: 10% of proceeds will become a charitable donation to the Ivy Creek Foundation

Signup: **Spaces are limited. Please call (434) 760-HIKE.**