



IRON MOUNTAIN

SURVIVAL

TRAINING • EDUCATION • CONSULTING

Are you prepared for the unexpected in the outdoors?

If you are one of the many active people who hike, bike, camp, fish, ski, hunt, raft, climb, or pursue other outdoor adventures but don't have medical training, our wilderness medicine courses can help! We cater to all outdoor enthusiasts from weekend warriors to professional athletes and guides.

Course Objectives:

The Wilderness First Aid (WFA) course is designed to meet the needs of groups of people that may not be able to commit to the length of the Wilderness First Responder (WFR) course but still are interested in learning about wilderness emergencies.

After taking this course you will be familiar with some of the most common backcountry problems. You'll have some limited practice in evaluating, treating, and evacuating injured persons in wilderness settings. You'll start to get a feel for what situations require medical assistance.

Time Commitment:

The length of instruction is approximately 2 full days.

SAMPLE WFA SYLLABUS:

Topics covered include, but are not limited to:

- Patient Assessment Scene Size-up, Primary Survey, Secondary Survey
- Bleeding and Shock
- Abdominal and Chest Injuries
- Wound and Burn Management
- Fractures & Dislocations, Improvised Splinting
- Head and Spine Injuries, Spinal Immobilization
- Near Drowning
- Lightning Injuries and Prevention
- Heat-Related Illness
- Medical Problems in the Wilderness
- Bites and Stings
- Hypothermia & Cold-Related Illness/Injury (Frostbite, etc.)
- Evacuation Guidelines
- Water Disinfection and Hydration
- Improvised Litters & Carries

***Multiple practice workshops and scenarios are also included in the curriculum. These hands-on workshops are often done while on small hikes as a class to get more realistic practice. Most of our practice scenarios are based on real-life incidents that our instructors have managed as professional rescuers or encountered in their own backcountry adventures.

Drumm Emergency Solutions, LLC.

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Basic Wilderness Life Support: WFR

Wilderness Life Support (BCLS) is a wilderness first responder course designed to provide an individual with an in-depth knowledge of wilderness and austere medicine and the basic skills to treat the most common injuries and illnesses encountered in the wilderness. This program is appropriate for professional guides and other nonmedical people who want a deeper understanding of austere medicine.

COURSE HIGHLIGHTS:

- 74 hours of lectures and hands-on training
- Additional training in decision making and administering medication
- Accredited by the University of Utah School of Medicine

SAMPLE WFR SYLLABUS:

Topics covered include, but are not limited to:

- Patient Assessment Scene Size-up, Primary Survey, Secondary Survey
- CPR/BLS - BLS Certification included
- Bleeding and Shock - Stop the Bleed Certification Included
- Wound and Burn Management
- Fractures & Dislocations, Improvised Splinting
- Chest Injuries & Abdominal Injuries
- Head and Spine Injuries, Spinal Immobilization
- Near Drowning
- Lightning
- Heat-Related Illness & Hypothermia & Cold-Related Illness/Injury (Frostbite, etc.)
- Obstetrical Emergencies
- Psychology in the Wilderness
- Neurologic Emergencies
- Altitude Illness
- Avalanche Medicine
- Law and the Wilderness
- Poisoning Emergencies
- Evacuation Guidelines
- Improvised Litters & Carries
- Skin, Wilderness Dentistry, Illness & Injury of the Eyes

Multiple practice workshops and scenarios are also included in the curriculum. These hands-on workshops are often done while on small hikes as a class to get more realistic practice. Practice scenarios are based on real-life incidents.

***Course content & scenarios can be tailored to specific organizational goals and objectives, or group needs.

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