

WILDERNESS FIRST AID (WFA) CERTIFICATION COURSE WITH OPTIONAL CPR/AED

Accidents happen. People get hurt, sick, or lost. The temperature drops, the wind picks up, and it starts to rain. Would you know what to do? Many backcountry emergencies are preventable, and even when bad things happen, sometimes the wrong care can make things worse. By learning a few basic skills, you can make the difference between a good outcome and a bad one—and maybe even save a life.



GREEN EARTH OUTDOORS in partnership with SOLO Wilderness Medicine is offering a Wilderness First Aid certification course. Wilderness First Aid (WFA) creates a solid foundation in the basics of backcountry medical care. Started by SOLO as the “Mountain/Woods First Aid” course in 1975, and continually updated and improved since that time, this was the first course of its kind in the United States, and it is the curriculum upon which all other backcountry medicine courses are based. SOLO is the most respected and experienced wilderness medical school in the world with the highest instructor qualifications of any other provider.

WHEN: Saturday/Sunday, April 29-30 or November 11-12, 2017 8:00 am to 5:00 pm

OPTIONAL CPR/AED: Friday, April 28 or November 10, 2017 6:00 pm to 10:00 pm

WHERE: **GREEN EARTH OUTDOORS** Outdoor Education Center, Georgetown, Indiana (20 minutes West of Louisville)

DESCRIPTION: WFA is 16 hours long (two days), and focuses on the basic skills of: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, and Medical Emergencies—see course outline below.

WFA COURSE TOPICS

What is Wilderness First Aid?	Principles of Fracture Care
Anatomy of a Wilderness Crisis	Rescue Plan
Anatomy of the Musculoskeletal System	Response & Assessment
Asthma	Soft Tissue Injuries Backcountry
Backcountry Essentials/Building Medical Kits	Spinal Cord Injury Management
Cold-Related Injuries	Sprains & Strains
Environmental Emergencies & Survival Skills	Treatment Techniques
Heat-Related Injuries	The Human Animal
Medical Emergencies & Critical Care	Trauma—Musculoskeletal Injuries
Orthopedics	Trauma—Soft Tissue Injuries
Patient Assessment System	Universal Precautions
Patient Lifting & Moving	Use of Epinephrine



CPR/AED: In conjunction with this WFA course, an American Heart Association Heartsaver CPR certification course for Adult / Child and Infant CPR with AED will be offered on Friday evening beginning promptly at 6 pm and concluding by 10 pm. Participants are not required to register for the WFA course in order to take this CPR/AED course.

GEAR: Participants will need to bring personal clothing and equipment as if they were going on a camping or backpacking trip (a list is provided upon registration).

COURSE TIMES: The course begins at 8:00 am on Saturday and Sunday (both days required) and finishes at 5:00 pm each day. One hour is provided each day for lunch. CPR class on Friday is 6 pm to 10 pm.

WHO: The WFA is the perfect course for the outdoor enthusiast or trip leader who wants a basic level of first aid training for short trips with family, friends, and outdoor groups. It also meets the ACA and BSA guidelines. This course can also be used to recertify for Wilderness First Responder. Please note: this is a certification course taught by highly trained instructors and is endorsed by the Wilderness Medical Society, unlike the Red Cross course of a similar name.

COST: \$145.00 per individual for WFA course and an additional \$45 per individual for CPR/AED certification if paid 10 days in advance. Within 10 days, \$155/\$55. The fee for CPR/AED certification without an accompanying WFA registration is \$65. WFA recertification is only \$125 if you previously attended at GEO WFA course. Wilderness First Responder recertification fee is \$25 extra. Fee covers instruction, class materials, equipment, handouts, textbook and certification card(s).

CONTACT: A minimum number of class participants are required to ensure the best learning environment. We ask that you please reserve your spot 15 days in advance by registering online at <http://www.greeneearthoutdoors.com> or by calling 812-510-GEO1 (4361).

Upon registration, participants will receive more details concerning packing list, directions, course syllabus, lodging/camping information, etc.

