



The American
Red Cross

OVERVIEW: Wilderness and Remote First Aid (WRFA) instruction provides the first aid principles and skills to respond to emergencies and to give care in areas without immediate emergency medical services (EMS). This includes wilderness and remote environments, as well as urban environments experiencing natural or manmade disasters. WRFA is a dynamic, hands-on, skills-based course that uses a mix of classroom instruction and realistic outdoor teaching scenarios tailored to the training audience. Penn Trails instructors have a unique mix of both professional certifications and real-world experience in remote and wilderness environments.

Penn Trails has been an American Red Cross Licensed Training Provider since 2010, teaching hundreds of individuals these critical life-saving skills. Clients include the US Forest Service; Pennsylvania Department of Conservation & Natural Resources; Boy Scouts of America, Chesapeake Bay Foundation; NY-NJ Appalachian Trail Conference; US Army War College; Professional Trails Builders Association, and many other government, non-profit, and educational organizations.

PREREQUISITES:

- Possess current Adult CPR/AED certification
- Be at least 16 years of age on or before the last scheduled course session

COURSE CONTENT: Skills taught in the course address these and other first aid topics –

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| ✓ Wilderness and Remote First Aid Kits | ✓ Burns |
| ✓ Check / Call / Care in wilderness and remote settings | ✓ Abdominal Illnesses |
| ✓ Primary Patient Assessment | ✓ Hypothermia |
| ✓ Secondary Patient Assessment | ✓ Patient Movement |
| ✓ Documentation of Care and Evacuation Requests | ✓ Heat-Related Illnesses |
| ✓ Shock | ✓ Abdominal Injuries |
| ✓ Wounds and Wound Care | ✓ Lighting Injuries |
| ✓ Injuries to Bones and Joints | ✓ Allergies and Anaphylaxis |
| ✓ Chest Injuries | ✓ Submersion Incidents (Drowning) |
| ✓ Head, Neck, and Spinal Injuries | ✓ Snake Bite / Envenomation |

LENGTH: Two Days (Approximately 8 hours per day; Total 16 hours)

INSTRUCTOR(s):

- Penn Trails instructors are all certified American Red Cross Instructors, authorized to teach this course, as well as other Red Cross courses such as Adult & Child CPR/AED. Each Penn Trails instructor has extensive professional experience, education and training that applies directly to this field. (individual instructors' qualifications available upon request).

CONFORMANCE WITH STANDARDS OF PRACTICE

- The information, techniques, and procedures taught by Penn Trails instructors are designed to teach individuals how to deal with emergency situations by using first aid skills in a delayed-help environment. The program offers enhanced content and topics to meet OSHA's Best Practices for Workplace First Aid Training Programs and has been updated to reflect the latest emergency cardiovascular care science. The Wilderness and Remote First Aid program is appropriate for audiences from youth-serving organizations as well as adults who participate in outdoor recreational activities or who work in wilderness or remote settings where emergency medical services (EMS) response is more than 1 hour away. The Wilderness and Remote First Aid program emphasizes experiential learning and major portions of the course are meant to be taught in outdoor settings. The program content has been revised to encompass ECCU 2010 and current guidelines by the American Red Cross Scientific Advisory Council.

CERTIFICATION REQUIREMENTS:

- ✓ Attend all class sessions and successfully participate in all skill sessions and activities
- ✓ Demonstrate competency in all observable skills
- ✓ Successfully complete all scenarios
- ✓ If required by employer or organization, pass optional final written exam with a minimum score of 80%

CERTIFICATE ISSUED: Wilderness and Remote First Aid

CERTIFICATE PERIOD: Valid for two years from date of certification

PARTICIPANT MATERIALS PROVIDED BY PENN TRAILS:

- *"Wilderness and Remote First Aid - Emergency Reference Guide," 107 pages, color*
- *"Wilderness and Remote First Aid – Pocket Guide," Laminated 16-page fold-out CPR-AED*
- *All resources for learning hands-on skills and conducting emergency response scenarios during the course*

PREREQUISITE REQUIREMENTS FOR COURSE REGISTRATION:

Participants must be in possession of a current CPR-AED certification from the American Red Cross or from a Red Cross-approved organization as identified in the list below:

- American Red Cross: Lifeguarding/FA/CPR/AED, EMR, CPR for Professional Rescuer and First Aid or Basic Life Support for Healthcare Providers and First Aid.
- Canadian Red Cross
- American Heart Association
- National Safety Council
- Health & Safety Institute (HSI), including: American Safety and Health Institute; Medic First Aid
- Emergency Care & Safety Institute
- Emergency First Response
- National Registry of Emergency Medical Technicians, State Licensed, or state Certified (active status): Paramedic; Advanced Med Technician; Emergency Med Technician; or, Emergency Med Responder

CONTACT HOURS: 16

CEUs AWARDED: 1.6



The American Red Cross is approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Road, Suite 500, McLean, VA 22102. The Wilderness and Remote First Aid Course qualifies for CEUs under IACET guidelines..

For more information, visit Penn Trails at <http://www.penntrails.com/WILDERNESS-FIRST-AID.htm> or contact us via email at info@penntrails.com, or our office at (717)-486-4455