Wilderness First Responder Course Outline

Day 1	Time
Class Introductions and Orientation	45 minutes
Roles and Responsibilities	45 minutes
Wilderness and Urban Scopes + Med Legal	45 minutes
Introduction to Patient Assessment	30 minutes
Scene Size-Up	1 hour
Lunch	
Primary Assessment	1 hour
Primary Rodeo	45 minutes
Physical Exam	45 minutes
Vital Signs	45 minutes
Medical History	30 minutes
Instructor Demo	15 minutes

Day 2	Time
Vitals Practice	30 minutes
Scenarios	1 hour
Lifting and Moving	1 hour
Airway Management	1.5 hours
Lunch	
Scenario	30 minutes
CPR	2 hours
Bleeding Control	1 hour
Scenario	30 minutes

Day 3	Time
Wound Management	1 hour
Scenario	1 hour
Documentation and Communication	30 minutes
Spine Injuries	1 hour
Lunch	
Shock	1 hour
Head Injuries	1 hour

Thoracic Trauma	1 hour
Scenario	1 hour
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Day 4 – Night Scenario	Time
CPR Quiz	30 minutes
Scenario	30 minutes
Musculoskeletal	2 hours
Round Robin Skills	1 hour
Lunch	
Scenario	30 minutes
Hypothermia, Cold Injuries and Immersion/Submersion	1.5 hours
Scenario	30 minutes
MCI and Triage	1 hour
Night Scenario	3 hours

Day 5 – Late start (9am)	Time
Scenario Debrief	1 hour
Scenario	30 minutes
Heat illness	30 minutes
Cardiac Emergencies	1 hour
Lunch	
Scenario	30 minutes
Respiratory Emergencies (Asthma, Allergies and Anaphylaxis)	1 hours
Scenario	30 minutes
Abdominal Emergencies	1 hour
Altered Mental Status and Neurological Emergencies	1 hour

Day 6 – No Class	Time
No Class	

Day 7	Time
Open Q and A style review	1 hour
Diabetic Emergencies	45 minutes
Scenario	30 minutes
Dental Emergencies	45 minutes
Scenario (Diabetes	30 minutes
Lunch	
Medication Administration (IM and Sub Q Injections)	1.5 hours
Scenario	30 minutes
Leadership	1 hour
Risk Assessment	30 minutes
Well Being of the Provider	30 minutes

Day 8 – Night Scenario	Time
Student Teaching Topics	4 hours
Lunch	
Altitude Illness	1 hour
Knots, Ropes, Improvised Splints and Litters	2 hours
Scenario	1 hour
Night Scenario	3 hours

Day 9 – Late start (9am)	Time
Night Scenario Debrief	1 hour
Medical Kits	45 minutes
Expedition Planning	1.25 hours
Lunch	
Open Q and A Style Review	1 hour
Charades or Jeopardy Review	2 hours

Day 10	Time
Open Q and A style review	1 hour
Exam	1.5 hours
Exam Review	30 minutes
Course Close	30 minutes