



**American  
Red Cross**

## **Wilderness and Remote First Aid Course Fact Sheet**

### **Purpose**

To provide individuals a foundation of first aid principles and skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters, such as earthquakes and hurricanes.

### **Prerequisites**

- Possess current adult CPR/AED certification
- Be at least 14 years of age on or before the last scheduled session of the course

### **Length**

Approximately 16 hours

### **Learning Objectives**

- Define wilderness first aid.
- Describe the difference between wilderness first aid and standard first aid.
- Describe the importance of immediately establishing control of the scene and starting a primary assessment.
- Discuss the importance of doing a secondary assessment.
- Discuss calling for help from a delayed-help perspective and evacuation considerations.
- Demonstrate a field assessment for injuries to the head.
- Define types of abdominal pain and discomfort including gastroenteritis (stomachache) and diarrhea.
- Describe the basics of an allergic response and its treatment and prevention.
- Define altitude illnesses, including acute mountain sickness (AMS), high altitude cerebral edema (HACE) and high altitude pulmonary edema (HAPE).
- Define types of burn injuries.
- Demonstrate a field assessment of a person with a chest injury.
- Describe the contents of an adequate wilderness and remote first aid kit and their uses.
- Define the different types of heat-related illnesses.
- Describe the mechanisms of heat loss versus heat gain.
- Demonstrate a field assessment for injuries to bones and joints.
- Define shock and discuss the stages of shock.
- Define heart attack.
- Define serious bleeding and demonstrate control of bleeding.
- Describe briefly the general sequence of events during a submersion (drowning) incident.
- Describe how lightning can cause injury and/or death.

### **Instructor**

Currently certified Wilderness and Remote First Aid instructor

## **Certification Requirements**

- Attend all class sessions.
- Participate in skill sessions and activities.
- Demonstrate competency in all observable skills.
- Complete the scenarios.
- If required by employer or organization for certification, pass the optional final written exam with a minimum grade of 80 percent.

## **Certificate Issued and Validity Period**

Wilderness and Remote First Aid: 2 years

## **Participant Materials**

*Wilderness and Remote First Aid Emergency Reference Guide and Pocket Guide* set (StayWell Stock No. 656237)

## **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.