

ECP Level 4 - Wilderness Medical Society compliant Wilderness First Responder course

Duration: 7 Days

A comprehensive course compliant with Wilderness Medical Society content and duration guidelines (65 hours - not including pre reading). Pre-requisite, in date First Aid at Work or 2 day ECP Exploration Medicine course or equivalent.

This course includes the Royal College of Surgeon's (Edin) accredited First Person on Scene (Intermediate) course content (above) with further lectures and scenarios to cover a variety of wilderness medical issues to allow the student to operate as a Wilderness First Responder for the expedition or field team.

This course covers seven days (a week and the following weekends) and includes evening lectures and night time scenarios. The course

fills a gap in the outdoor/expedition and remote area market in that it includes multiple outdoor and extended scenarios so that course attendees benefit from significant practical experience in a supportive environment. The course is accompanied by a comprehensive WFR manual.

The course is certified with the First Person on Scene Intermediate certificate - clinically endorsed by the Royal College of Surgeons (Edin).

SUBJECTS INCLUDE:

- Wilderness First Responder vs. Urban First Responder
- Medical-Legal Issues
- Safety
- Blood-Borne Pathogens
- Resuscitation/CPR
- Airway Management
- Shock
- Wound Management including bad bleeds
- Thermal Burns
- Sprains & Strain
- Fractures & Dislocations
- Head & Facial Trauma
- Spinal Column/Cord Injuries
- Chest Trauma
- Abdominal Trauma
- Environmental Injuries (Heat/Cold/Lightning)
- Bites, Stings, Poisons & Toxins
- Allergies & Anaphylaxis .
- Altitude Emergencies
- Drowning
- Water-borne & Food-borne Illness
- Neurology - Changes in Level of Consciousness
- Respiratory Distress
- Cardiology - Chest Pain
- Abdominal Pain
- Gender-Related Injuries and Illness
- Diabetes
- Common Simple Expedition Problems
- Expedition Medical Kits
- Search & Rescue
- Packaging & Transportation
- Critical Incident Stress Management