Advanced Wilderness & Remote First Aid

Comprehensive first aid and CPR techniques for those who need a higher level of training to work and respond to emergencies in isolated or wilderness settings. Training is also suitable for those who act as guides or supervisors for groups of people.

The course covers material in Standard First Aid & CPR, plus advanced strategies for providing extended care for more than 24 hours. Part of the course is taught in an outdoor setting and requires greater physical activity and endurance than typical first aid training.



Duration	40 hours (more than 50% of course taught in non-urban outdoor setting)	
Instructor	Red Cross Advanced Wilderness & Remote First Aid Instructor or Wilderness & Remote First Aid Instructor Trainer	
Completion	100% attendance, skills demonstration, and 75% min. passing grade on written exam	
Certification	3-year certification in Advanced Wilderness & Remote First Aid, CPR Level C, and AED	
Recertification	16–20 hours; includes CPR Level C	
Course Content	 Planning Your health Assessment Airway emergencies Breathing and circulation emergencies Cardiac and respiratory arrest (includes CPR-C) Wound care Head and spine injuries 	 Bone, muscle and joint injuries Sudden medical emergencies Environmental emergencies Poisons Extended care Evacuation: transporting the ill or injured person Includes any other content required by specific legislation
Take-Home Materials	Wilderness & Remote First Aid Field Guide Certification card and optional wall certificate (or required by legislation)	2S

