

Wilderness First Aid

ASHI's 16-hour Wilderness First Aid program is designed to meet or exceed the Boy Scouts of America *Wilderness First Aid Curriculum and Doctrine Guidelines, 2017 Edition*. The program includes a robust PowerPoint presentation and a greater focus on hands-on skills and scenario practices.

Intended audience

Individuals who are not healthcare providers or professional rescuers but desire or are required to be certified in wilderness first aid knowledge and skills.

Prerequisite

Certification in adult CPR and AED is required. Prior completion of a basic first aid class is strongly encouraged.

Class configurations

- Max student to instructor ratio: 10 to 1
- Recommended student to equipment ratio: 3 to 1

ASHI-approved training materials

Instructor materials

- *Wilderness First Aid* Instructor Guide (one per instructor; print or digital)
- Skills Demonstration DVD (*Please note this component is currently being finalized. It will be shipped at a later date to Training Centers that purchase the Program Package.*)

Student materials

- Student Book (one per participant; print or digital)

Digital resources

- Online access to support materials including program PowerPoint
- Streaming video player
- Track past, present and future classes through TC portal

Recognized certification period

Up to 2 years

Successful completion (certification)

- *Written evaluation:* When not required by a regulatory agency, it is optional.
- *Performance evaluation:* All students must perform required skills competently without assistance.

Recommended time to complete

- Initial training: Approximately 16 hours



Course topics

- Wilderness First Aid
- Protecting Yourself
- Legal Considerations
- Moving and Lifting
- Scene Assessment
- Initial Assessment
- Focused Assessment
- Shock
- Control of Bleeding
- Major Wounds
- Facial Injuries
- Minor Wounds
- Cleaning, Closing, and Dressing Wounds
- Burns
- Head, Neck, or Back Injuries
- Musculoskeletal Injuries
- Extended Injury Management
- Altered Mental Status
- Breathing Difficulty, Shortness of Breath
- Abdominal Problems
- Pain, Severe Pressure, or Discomfort in Chest
- Poisoning
- Heat Emergencies
- Cold Emergencies
- Bites and Stings
- Submersion (Drowning)
- Lightning Strikes
- Altitude Illnesses
- Emotional Considerations
- First Aid Kits
- Protection from the Elements
- Water and Food

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