



WEDNESDAY
EXPEDITIONS



Canadian
Red Cross Training
Partner

Wilderness & Remote First Aid Program

Certification for all courses is valid for 3 years and includes CPR C.
Participants must be at least 16 years and in good health and physical condition.

	Remote First Aid	Wilderness First Aid	Wilderness First Responder
Course Length	20 hours	40 hours	80 hours
Tuition	\$365	\$595	\$1,275
Primary Responsibility	Safety for yourself	Safety for yourself and peers	Guides & Rescuers
Environment	-Remote or Wilderness workplaces / settings -Less than 3 hours from organized care	-Challenging wilderness settings with varied risk levels -3 hours or more from organized care	-Challenging / unpredictable environments with varied terrain and risk levels -Environments which would require targeted response and rescue
Planned Trip	Day Trip	Expedition / Multi-day	Extreme expedition / targeted rescue
Next Level of Care	Within 24 hours	Overnight to a few days	Urgent evacuation and extended care (5+ days)
Key Learning Outcomes	<ul style="list-style-type: none">-Planning and responding-Scene assessment-Primary, secondary, and ongoing assessments-CPR & AED-Choking-Breathing and circulation emergencies-Shock-Anaphylaxis-Wound care-Head, neck, and spinal injuries-Bone, muscle and joint injuries-Sudden medical emergencies-Environmental illnesses-Poisons and wildlife	<p>RFA content plus:</p> <ul style="list-style-type: none">-Improvisation in the wild-Amputations-Realigning fractures-Dislocations-Spinal Motion Restriction-Abscesses-Levels of Consciousness-Glasgow Coma Scale-High-altitude illness-Edema-Triage & managing multiple patients-Moving patients-Basic sheltering	<p>WFA content plus:</p> <ul style="list-style-type: none">-Anatomy & Physiology-Airway management and respiratory emergencies-Hemorrhage and soft tissue trauma-Musculoskeletal injuries-Infection prevention and control-Chest, abdominal, and pelvic injuries-Head and spinal injuries (advanced)-Acute and chronic illnesses-Pregnancy, labour, and delivery-Sheltering & survival-Extended care and evacuation