Wilderness & Remote First Aid

Basic level of Wilderness & Remote First Aid that covers material in Standard First Aid & CPR, plus special material on techniques for wilderness and remote areas. Course also offers strategies for providing extended care for up to 24 hours. Part of the course is taught in an outdoor setting and requires greater physical activity and endurance than typical first aid training. Suitable for those who work or live in remote locations or who are outdoor recreation enthusiasts.



Duration	20 hours (minimum 5 hours outdoors). Flexible scheduling options.	
Instructor	Red Cross Wilderness & Remote First Aid Instructor or Instructor Trainer	
Completion Requirements	100% attendance, skills demonstration, and 75% min. passing grade on written exam	
Certification	3-year certification in Wilderness & Remote First Aid, CPR Level C, and AED	
Recertification	8–10 hours; includes CPR Level C	
Course Content	Preparation and planningYour health	Wound careCold- and heat-related emergencies
	> What is the P.L.A.N.?	> Environmental situations
	> Airway emergencies	> Poisons
	 Breathing and circulation emergencies 	> Medical emergencies

> First aid for respiratory and cardiac arrest

> Head and spine injuries

> Bone, muscle and joint injuries

Take-Home Materials

Red Cross Wilderness & Remote First Aid Manual Red Cross Wilderness & Remote First Aid Field Guide Certification card and optional wall certificate (or as required by legislation)

Includes any other content required by specific legislation



> Evacuation and transportation

> Extended care





Red Cross First Aid. The Experience to Make a Difference.
www.redcross.ca/firstaid | 1.877.356.3226

