



# Wilderness First Aid Basics

This 16 hour course is for those who work, live or play in remote areas - away from the usual EMS service. Even though emergency workers near these areas may be trained to search for and rescue those in need, there may be an extended delay in obtaining these services. This course addresses the needs in the time between the onset of the injury or illness and when more advanced treatment by trained providers occurs.

This class covers assessment and urgent first aid techniques, but not in-depth CPR. Basic first aid skills are covered, making this course appropriate for anyone regardless of experience level. No prerequisites are required.

Topics covered include: wounds, head and spinal injuries, extremity injuries, abdominal injuries, sudden illnesses, major bites and stings, and other types of backcountry miseries.

Certification can be issued that has an expiration of 3 years and serves as a Basic First Aid certification as well. A minimum age of 18 is recommended for participants due to the serious nature of the course and scenarios.

The American Camping Association has approved the American Red Cross **Wilderness First Aid Basics** for the Part C First Aider in their accreditation standards. The Boy Scouts of America have also recommended this Red Cross course.

**Course Information:** Two courses are currently scheduled, one on May 9<sup>th</sup> & 10<sup>th</sup> and a second on August 1<sup>st</sup> & 2<sup>nd</sup>. The course will run from 9:00am to 5:30pm each day. The cost of this course is \$100 per participant and includes all fees including certification, and the included texts: *Wilderness First Aid Basics Student Guide*, *Mountaineering First Aid Text*, and *First Aid: When Help is Delayed Participant Booklet*. Please contact Boulder Lake Environmental Learning Center to sign up at [boulder@d.umn.edu](mailto:boulder@d.umn.edu) or by phone at 218-721-3731. A course outline is available at [www.namebini.com](http://www.namebini.com). Be prepared for outdoor scenario training, portions of the course will be outside regardless of weather. Please bring your own lunch, coffee and tea will be provided. Also bring supplies you would normally bring on a day hike. These supplies will be used in a portion of the course which involves improvised medical equipment.



**Instructor Information:** Cindy Haensel, MD is a currently practicing, board certified emergency medicine physician. She has trained in wilderness medicine in Belize, Great Smoky Mountains National Park, Montana, and Minnesota, among other locations, and is Advanced Wilderness Life Support (AWLS) certified. She has provided training in wilderness medicine techniques to groups including resident physicians, medical students, and high school students.