

# 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 (minimum 20 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 Advanced Wilderness & Remote First Aid, CPR Level C, and AED

## Recertification

16–20 hours; includes CPR Level C

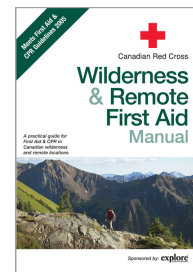
## Course Content

- > Preparation and planning
- > Your health
- > What is the P.L.A.N.?
- > Airway emergencies
- > Breathing and circulation emergencies
- > First aid for respiratory and cardiac arrest
- > Head and spine injuries
- > Bone, muscle and joint injuries
- > Wound care
- > Cold- and heat-related emergencies
- > Environmental situations
- > Poisons
- > Medical emergencies
- > Evacuation and transportation
- > Extended care

*Includes any other content required by specific legislation*

## 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)



Red Cross First Aid. The Experience to Make a Difference.

[www.redcross.ca/firstaid](http://www.redcross.ca/firstaid) | 1.877.356.3226

