



# Wilderness First Aid

space  
is  
Limited

Next Adventure:

April 25 & 26, 2009



Prepared  
At work, at home  
and at play.



## When 9-1-1 is not an option

There may be times when dialing 9-1-1 is not an option. For those situations where you find yourself in a remote area, away from traditional Emergency Medical Services, Safety 101 offers this solution: *Wilderness First Aid*.

Considering the options, you can choose to do nothing at all, or you can choose to rise to the challenge and take charge.

The Wilderness First Aid Course enables the participant to take appropriate 'safe' actions to mitigate situations which may give rise to mishaps. Take measures to prevent injuries from occurring and be prepared to formulate a plan of immediate action which will prevent others from being harmed, while you care for the patient in your charge.

Learn to apply the 7 steps to Emergency Response in the Wilderness setting.

### Step 1: Take Charge...



Rescue



Be prepared.



## Your attitude and actions are critical

In this course you will learn how to:

- Apply the Emergency Action Steps
- Protect the Patient / Prioritize Care
- Check for Resources / Make a Plan
- Care for the patient / Wounds
- Rescue Assist techniques
- Splint / Back-board / Apply a C-Collar
- Execute the Plan / Alter the Plan
- Adult CPR for victims 12yrs. & older
- Report your position
- Request a Rescue and assist, and
- The 7 steps to Emergency Response

The ARC Wilderness First Aid Course meets the current requirements for American Camp Association, HW-1 Part C, "First Aider" and those set by the Philmont Scout Ranch. The course uses a combination of lecture, skills practice and role play to teach the response steps and treatment of injuries and illnesses in a delayed-help situation of one hour or more.

In this 2-day course, each graduate receives:

- Wilderness First Aid Student Guide
- Mountaineering First Aid Text, ARC CPR Text
- ARC Certification Valid for 3 years
- ARC CPR Certification Valid for 1 year



This course includes rope work for self-rescue and rescue assist, basic land-nav for accurate reporting of your position, and a field exercise (Day 2-St. Point).

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Registration: \$190

The Adventure is free.

Register Online:  
[www.Safety101.org](http://www.Safety101.org)

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