

# Wildland Firefighter First Aid

## SYLLABUS

This 16 hour course focuses on prevention, assessment, and treatment of both common and life threatening injuries to wildland firefighters in their unique austere environment. Recommended course for any Type 1 or Type 2 crew member. Includes powerpoint lectures, video instruction, practicing of hands-on skills, case studies, practice quizzes, and a required final exam. Designed for those with little or dated first aid training.

<b>.5 hour</b>	<b>Introduction and Overview</b> Introductions Goals Wilderness and wildfire epidemiology
<b>2 hours</b>	<b>Assessment and Documentation</b> Scene assessment Primary assessment (ABCDEs or MARCH) airway breathing circulation disability environment Secondary assessment physical exam SAMPLE vital signs Documenting – Medical Incident Report/9 Line
<b>1 hour</b>	<b>Head and Neurologic Issues</b> Concussions and head injuries Lowered levels of consciousness
<b>.75 hour</b>	<b>Spine Issues and Patient Movement</b> Spinal Issues Spine Assessment Improvised Spinal Protection
<b>1.25 hour</b>	<b>Patient Movement</b> Team log roll Solo log roll Beaming
<b>.5 hour</b>	<b>Circulatory Issues</b> Shock Cardiac issues including heart attacks
<b>.5 hour</b>	<b>Respiratory Issues</b> Trauma Asthma Anaphylaxis

<b>.5 hour</b>	<b>Abdominal Issues</b> Anatomy Trauma Illnesses
<b>2 hours</b>	<b>Musculoskeletal and Orthopedic Injuries</b> Splinting SAM splints improvised splinting buddy splinting and slings arms/shoulders legs pelvic binding Pain management
<b>2 hours</b>	<b>Wounds and Burns</b> Stopping bleeding Wound cleaning Dressings and bandages Tourniquets Burns Shock review
<b>.5 hour</b>	<b>Cold injury</b> Hypothermia prevention and recognition Hypothermia wraps
<b>.5 hour</b>	<b>Heat Related Issues</b> Heat exhaustion Heat Stroke
<b>.5 hour</b>	<b>Lightning</b> Prevention Treatment
<b>.25 hour</b>	<b>Altitude</b> AMS HACE HAPE
<b>.5 hour</b>	<b>Bites, Stings, &amp; Toxins</b> Bites Stings Plant toxins
<b>2 hours</b>	<b>Scenarios</b>
<b>.75 hour</b>	<b>Final Exam and Student Evaluation</b>