

Wilderness & Remote First Aid Course



Authorized Provider

Information Sheet



Includes the latest First Aid and CPR Guidelines. Meets federal and a variety of provincial/territorial regulations for Standard First Aid. Exceeds competitors' standards by including injury prevention content, CPR and AED.

This course is suitable for any individual who works, lives, or takes trips in isolated or wilderness areas. The course covers material in Standard First Aid & CPR, plus special content on techniques for wilderness and remote areas as well as strategies for providing extended care for **up to 24 hours**.

Duration	20 hours (minimum 5 hours outdoors) with flexible scheduling options
Instructor	Certified Red Cross Wilderness & Remote First Aid Instructor
Completion	100% attendance, skills demonstration, and 75% min. passing grade at written exam
Certification	3-year certification in Wilderness & Remote First Aid, CPR Level C, and AED*
Recertification	8–10 hours; includes CPR Level C

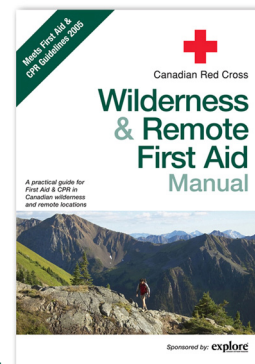
*where local legislation permits

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
- Wound care
- Bone, muscle, and joint injuries
- Head and spine injuries
- Environmental situations
- Poisons
- Cold- and heat-related emergencies
- Medical emergencies
- Evacuation and transportation
- Extended care

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)



4-colour manual

Participant-focused size and design (content presented through charts, lists, illustrations and photos). Scenarios and visuals applicable to wilderness settings.

Carry-on resource thanks to the small size, spiral bound and water resistant paper. Content presented in charts for quick reference.



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Red Cross First Aid. Prepare for life. ®