**Wilderness First Aid- 16 hour course**

**Response and Assessment**
- Anatomy of a Wilderness Crisis
- Universal Precautions
- Patient Assessment System
- Rescue Plan
- Patient Lifting and Moving Techniques

**Trauma – Musculoskeletal Injuries**
- Anatomy of the Musculoskeletal System
- Sprains and Strains
- Principles of Fracture Care
- Spinal Cord Injury Management

**Environmental Emergencies and Survival Skills**
- The Human Animal
- Cold Related Injuries
- Heat Related Injuries
- Backcountry Essentials

**Soft Tissue Injuries and Medical Emergencies**
- Trauma – Soft Tissue Injuries
- Medical Emergencies and Critical Care

*The SOLO WFA course can be used to recertify a SOLO WFR. Please notify the person doing registrations if you have a SOLO WFR and will be using this course to recertify.*