



RESCUE DYNAMICS
5109 - 17A Avenue NW
Edmonton, Alberta
T6L 1K5
(780) 461-5040 phone / fax

website: <http://www.rescuedynamics.ca>

WILDERNESS EMERGENCY CARE COURSE
ADVANCED FIRST AID

COURSE OUTLINES
COURSE APPLICATIONS

subject to revision without notice

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Revision WEC INFO/APP 2005 101405

WILDERNESS EMERGENCY CARE - DAILY COURSE OUTLINE

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Lesson Name	Reference	Time	Theory	Practical	Totals
1 Introduction & Orientation		1.00	1.00		
2 Roles, Responsibilities & Legal	(handout)	1.00	1.00		
3 Trip Planning & Accident Prevention	(handout)	1.00	1.00		
4 Wilderness Accident Management	(handout)	1.00	1.00		
5 An Overview of Human Anatomy	(chapter 2)	1.00	1.00		
6 Body Substance Isolation	(page 55 & lecture)	0.50	0.50		
7 Diagnostic Signs	(chapter 5)	0.50	0.50		
8 Body Survey & Vitals Practical	(chapter 5 & skill sheets)	3.00		3.00	9.00
9 Records, Reports & History Taking	(chapter 7)	1.00		1.00	
10 Respiratory System	(chapter 4 & 6)	1.00	1.00		
12 Chest Injuries	(chapter 22)	1.50	1.50		
13 Oxygen Administration & Suction	(chapter 6)	1.00	1.00		
14 Oxygen Administration & Suction Practical	(skill sheets)	2.50		2.50	
15 Circulatory System	(chapter 4 & 8)	1.00	1.00		
11 Artificial Ventilation Review & exam	(chapter 6)				
16 CPR review & exam {with above}	()	2.00	0.50	1.50	10.00
17 Bleeding & 18 Soft Tissue Injuries	(chapter 8 & 19)	1.00	1.00		
19 Dressing & Bandaging Practical	(skill sheets)	2.00		2.00	
20 Shock	(chapter 9)	1.00	1.00		
21 Musculo-Skeletal System	(chapter 4)	0.50	0.50		
27 Lifting & Moving - Practical	(chapter 22 & skill sheets)	2.00		2.00	
22 Orthopedic Injuries	(chapter 24)	0.50	0.50		
23 Upper Extremity Injuries	(chapter 25)	1.00	1.00		8.00
Review		0.50	0.50		
24 Upper Extremity - Practical	(skill sheets)	2.00		2.00	
25 Pelvis & Lower Extremity Injuries	(chapter 25)	0.75	0.75		
26 Pelvis & Lower Extremity - Practical	(skill sheets)	2.00		2.00	
28 Central Nervous System	(chapter 26)	0.50	0.50		
29 Injuries of the Skull & Brain	(chapter 26)	1.00	1.00		
30 Injuries of the Spine	(chapter 26)	0.75	0.75		
31 Injuries of the Spine - Practical	(skill sheets)	2.00		2.00	
32 Eyes, Ears, Nose & Throat	(chapter 20 & 21)	1.00	1.00		10.50
Review Session		0.50	0.50		
33 Abdomen & Digestive System	(chapter 13 & 23)	0.50	0.50		
34 Injuries to the Abdomen & Acute Abd.	(chapter 13 & 23)	1.00	1.00		
35 Gastro-Intestinal & Genito-Urinary	(chapter 13 & 23)	1.00	1.00		
36 Triage	(chapter 28 & 29)	1.00	1.00		
37 Patient Positioning	(lecture)	0.50	0.50		
38 Improvisation Techniques	(practical)	2.00		2.00	
Simulations	(practical)	2.00		2.00	8.50

	Review Session		0.50	0.50		
39	Cardiac Emergencies	(chapter 11)	1.00	1.00		
40	CVA	(chapter 12)	1.00	1.00		
41	Pulmonary Disorders (Dyspnea) & Asthma	(chapter 10)	1.00	1.00		
42	Diabetes	(chapter 13)	1.00	1.00		
43	Unconsciousness and Seizures	(chapter 12)	1.00	1.00		
44	Hypothermia	(chapter 15)	1.00	1.00		
64	One on One Simulations Session A	(practical)	3.00		3.00	9.50
45	Frostbite	(chapter 15)	0.50	0.50		
46	Heat Emergencies	(chapter 15)	0.50	0.50		
47	Burns & UV Injuries	(chapter 8 & 19)	1.00	1.00		
48	Lightning & Electrical Injuries	(chapter 15)	0.50	0.50		
49	Hazardous Materials	(lecture)	0.50	0.50		
50	Drowning & Near Drowning	(chapter 15)	1.00	1.00		
51	Wilderness Patient Transportation	(chapter 27 & practical)	2.00		2.00	
	Evening skills stations	(practical)	3.00		3.00	9.00
	Review Session		1.00	1.00		
52	Avalanche Related Injuries	(chapter 15)	0.50	0.50		
53	Climbing Related Injuries	(lecture)	0.50	0.50		
54	Medical Problems related to Altitude	(chapter 15)	0.50	0.50		
55	Poisons	(chapter 13)	0.50	0.50		
56	Allergies, Stings & Bites	(chapter 13)	0.50	0.50		
57	Psychological Support	(lecture)	0.50	0.50		
64	One on One Simulations Session B	(practical)	3.00		3.00	
58	Helicopters & Aircraft	(handout)	1.00	1.00		
59	Non-Emergent Medical Problems	(Appendix D & lecture)	1.00	1.00		9.00
	Review Session		0.50	0.50		
60	Medications	(appendix D & lecture)	0.75	0.75		
61	First Aid Kits	(appendix D & lecture)	0.75	0.75		
62	Emergency Communications	(handout)	1.00	1.00		
63	Prolonged Backcountry Care	(appendix D & lecture)	1.00	1.00		
99	Childbirth	(Chapter 17)	1.00	1.00		
64	Simulations	(practical)	3.00		3.00	8.00
	Morning - Written Examination		3.50	3.50		
	Afternoon - Practical Examinations		5.00		5.00	8.50
			Time	Theory	Practical	
	TOTALS		90.50	48.50	42.00	

References: Chapter numbers refer to the 4th edition of Outdoor Emergency Care.

Optional Module Topics (ask instructor for details - must be requested before course begins)

	CPR re-certification	
66	Diving Related Injuries (Barotrauma)	65 Pediatric Patients
67	Water Self Rescue Awareness	68 Ice Rescue Awareness
69	Avalanche Awareness	70 Climbing Self Rescue Awareness
71	Rope Rescue Awareness	72 Substance Abuse



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Wilderness Emergency Care Program Application

Name: _____ Date: _____

Mailing Address: _____

City: _____

Province (State / Country): _____ Postal Code _____

Phone - Home: _____ Work: _____

Fax: _____ Cellular: _____

Email: _____

Highest Grade Attained: 10 11 12 13 GED or College / University: _____

AGE: <18 (specify:____) 18 - 25 25 - 35 35 - 45 45 - 55 55 - 65 >65

Date of WEC course you wish to attend: _____

If the course is full, would you like to be placed on a waiting list ? YES NO

List the most recent prerequisite 1st Aid and CPR courses (or approved equivalent) you have attended. Include the date, year, location, certificate granted and certifying body:

1st Aid: _____

CPR: _____

I HAVE PROVIDED PROOF OF COMPLETION OF THE FOLLOWING PREREQUISITES:

- Photocopy of CURRENT CPR Certificate including adult, infant, child, 1 & 2 person CPR
- Photocopy of STANDARD FIRST AID or equivalent certificate

ACMG Certification Level : MG SG AG RG AAG ASG ARG BG HG CGI

I hereby authorize Rescue Dynamics to disclose my marks or course status to the following persons:

- employer ACMG / ACSKG for purposes of exam eligibility verification
- Thompson Rivers University Parks Canada for business licence eligibility verification
- _____

signature _____

NOTE: If paying by MasterCard® or VISA® be sure to complete and attach the credit card payment form.

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WILDERNESS EMERGENCY CARE - REFRESHER COURSE OUTLINE 111108

DAY ONE – 8.5 Hours

4th Edition OEC

□ Introduction and Orientation		1.0
□ Legal (handout)		0.5
□ Body Substance Isolation	(Page 55-60 & lecture)	0.5
□ Trauma Review Session 1		
□ Shock	(chapter 9)	1.0
□ Rapid Trauma Survey	(chapter 5 & skill sheets)	1.0
□ Cervical collar application review		0.5
□ Load & Go Practice 1 (log roll onto board w X straps / log roll onto board w speed clips)		1.5
□ Professional Basic Life Support Part 1 - Practical		1.5
□ Oxygen & Resuscitation - Practical	(chapter 6)	
□ Suction - Practical	(chapter 6)	
□ CPR (One & Two person with adjuncts)		
□ Patient Assessment & Vital Signs - Practical	(chapter 5 & skill sheets)	1.0

DAY TWO – 8.0 hours with optional additional 1.5 hour CPR/AED evening refresher

□ Homework review		0.5
□ Oxygen & Suction Skill Sheets 2 – Practical		0.5
□ Trauma Review Session 2		2.0
□ Injuries of the Skull & Brain	(chapter 26)	
□ Load & Go Practice 2 (scoop onto board / scoop onto mattress)		
□ Chest Injuries	(chapter 22)	
□ Open Chest Injury - Practical		
□ Bleeding & Bandaging - Practical	(chapter 8 & 19)	
□ Triage	(chapter 28 & 29)	
□ Medical Emergencies Review Session 1		1.5
□ Unconsciousness	(chapter 12)	
□ Seizures & Seizure Disorders	(chapter 12)	
□ Cardiac Emergencies	(chapter 11)	
□ Patient Assessment - Practical		1.0
□ Orthopedic Injuries & Splinting 1 - Practical	(chapter 24)	2.5
□ Upper Extremity	(chapter 25)	
□ Professional Basic Life Support Part 2 – Practical evening Session for those who require refresher		1.5
□ CPR (Adult / Pediatric / One & Two person with adjuncts)		
□ AED (beginning in 2011) - Practical		

DAY THREE – 10.5 hours including evening session

□ Patient Assessment & Splinting Scenario – Practical (survey plus upper extremity injury)		1.0
□ Medical Emergencies Review Session		2.5
□ Abdominal Injuries and Complaints	(chapter 13 & 23)	
□ Diabetes	(chapter 13)	
□ Pulmonary Emergencies, Asthma & Allergies	(chapter 10)	
□ Cerebrovascular Accidents	(chapter 12)	
□ Lifting & Moving, Spinal Injuries - Practical	(chapter 26 & 27)	1.0
□ Load & Go Practice 3 (log roll onto mattress)		
□ Lateral patient packaging practice		
□ Environmental Injuries Review Session 1		1.5
□ Altitude	(chapter 15)	
□ Lightning`	(chapter 19)	
□ Heat (Burns & Hyperthermia)	(chapter 15 & 19)	
□ Cold (Frostbite & Hypothermia)	(chapter 15)	
□ Orthopedic Injuries & Splinting 2 - Practical		2.5
□ Lower Extremity & Femur	(chapter 25)	
□ Evening Skill Stations - Practical		2.0

DAY FOUR – 7.5 hours – 10.5 hours

<input type="checkbox"/> Homework review		0.5
<input type="checkbox"/> Environmental Injuries Review Session 2		2.5
<input type="checkbox"/> Submersion Injuries	(chapter 15)	
<input type="checkbox"/> Poisons	(chapter 13)	
<input type="checkbox"/> Stings / Bites	(chapter 13)	
<input type="checkbox"/> Eye Injuries	(chapter 20)	0.5
<input type="checkbox"/> Extended Care Review Session - Prolonged Care	(appendix D)	1.0
<input type="checkbox"/> Childbirth	(chapter 17)	0.5
<input type="checkbox"/> Emergency Simulations – Practical Examination		2.5
<input type="checkbox"/> Examinations		
<input type="checkbox"/> Written Examinations (optional evening written)		3.0

DAY FIVE - EXAMINATIONS– 3 hours

<input type="checkbox"/> Examinations		
<input type="checkbox"/> Written Examinations (for those who opt out of evening written)		3.0

INFORMATION TO STUDENTS ATTENDING A WEC REFRESHER

Although the Course outline lists specific topic areas which will be covered during the refresher course, the student is responsible to study materials beyond those covered in classroom lectures. You will receive a copy of the objectives for the full Wilderness Emergency Care Program as offered by Rescue Dynamics. The course examinations for both the refresher and full courses are developed directly from these objectives.

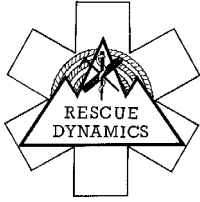
For maximum benefit, the Pre- Course Assignments should be completed before the course commences. They are to be handed in before the final examinations begin.

In order to study for the course examinations you may choose to use the objectives as a direct aid for what you should know. If a topic is not mentioned in the objectives, it is highly unlikely that an examination question will deal with that subject matter. Above all, stress the understanding of the basics. This means be aware of the basic signs and symptoms, the basics of treatment, the basics of the physiology involved.

Do not concern yourself with the hospital or paramedical treatment protocols. We test your knowledge regarding care and treatment in the field. If specific topic areas are of particular concern to you, be sure to inform your instructor. If you can speak to him/her at the end of a class day, they may well prepare a short lecture on that topic for the next day during the general review session.

It is important to remember not to be afraid of asking questions during the review sessions.

(Note: Pediatrics, Diving and Psychological Support are no longer covered in the refresher but childbirth has now been added)



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Wilderness Emergency Care Program – Refresher Application

Name: _____ Date: _____

Mailing Address: _____

City: _____

Province (State / Country): _____ Postal Code _____

Phone - Home: _____ Work: _____

Fax: _____ Cellular: _____

Email: _____

Highest Grade Attained: 10 11 12 13 GED or College / University: _____

AGE: <18 (specify:____) 18 - 25 25 – 35 35 – 45 45 – 55 55 – 65 >65

Date of WEC refresher you wish to attend: _____

If the course is full, would you like to be placed on a waiting list ? YES NO

List the last WEC (or approved equivalent advanced 1st Aid) and CPR course (or refresher) you attended. Include the date, year, location, certificate granted and certifying body:

1st Aid: _____

CPR: _____

I HAVE PROVIDED PROOF OF COMPLETION OF THE FOLLOWING PREREQUISITES:

- Photocopy of CURRENT CPR Certificate including adult, infant, child, 1 & 2 person CPR
- Photocopy of WEC or higher certificate or proof of successful program completion

ACMG Certification Level : MG SG AG RG AAG ASG ARG BG HG CGI

I hereby authorize Rescue Dynamics to disclose my marks or course status to the following persons:

- employer ACMG / ACSKG for purposes of exam eligibility verification
- Thompson Rivers University Parks Canada for business licence eligibility verification
- _____

signature _____

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