

# Course: WEMT Upgrade & Wilderness First Responder

**Wilderness EMT Upgrade** (combined with **Wilderness First Responder**) is a 76-hour professional-level course that trains you to understand and avoid wilderness hazards and cope with emergencies anywhere. We use vivid slides, interactive teaching methods, and realistic scenarios to bring the topics to life. Skills practice is intensive, emphasizing the ability to improvise care with whatever materials you would have in a wilderness or disaster situation.

**Certifications** (WEMT or WFR) from the American Safety & Health Institute ([www.hsi.com](http://www.hsi.com)) are valid 3 years, and recognized throughout the United States as well as many other countries. Participants who are currently certified as EMT's or Paramedics receive WEMT certification on graduation; other participants receive WFR certification.

**Continuing Education Credits** are available for a flat fee of \$25 – one unit for every hour of class attended.

**CPR requirement:** Before graduation, participants must show the instructor current certification in Basic Life Support for Healthcare Providers or CPR for the Professional Rescuer. For those who are not currently certified, we recommend BLS-HCP at the San Francisco Paramedic Association.

## Schedule

Tuesday & Thursday, 7 - 10 pm: April 5 – June 9

Saturday 9 – 5: May 14 & May 21, plus an optional outdoor Saturday (TBA)

**Location:** Piedmont Adult School. Directions will be posted at [www.wildernessemergencycare.com](http://www.wildernessemergencycare.com).

**Textbook:** Buy from instructor in class (\$20) or order in advance from the American Safety & Health Institute at [www.hsi.com](http://www.hsi.com).

If you have any questions about this course, please see the instructor's website: [www.wildernessemergencycare.com](http://www.wildernessemergencycare.com) or email him: [donelan@speakeasy.net](mailto:donelan@speakeasy.net). The SFPA just does registration and provides CE's.

**Category:** Wilderness Medicine

**Class size:** 25

**Cost:** \$460

# Wilderness First Responder & Wilderness EMT

For more information, see the web site: [www.wildernessemergencycare.com](http://www.wildernessemergencycare.com)

Questions? E-mail the instructor, Steve Donelan: [donelan@speakeasy.net](mailto:donelan@speakeasy.net)

## The course

WFR/WEMT is a professional-level course that trains you to understand and avoid wilderness hazards and cope with emergencies anywhere. You learn how to assess injuries and medical or environmental problems, and do emergency care with whatever you have on hand or can improvise. We use vivid slides and interactive teaching methods to bring the topics to life. Skills practice is intensive. Realistic simulated accidents help you put your skills together and develop your leadership abilities.

## Program & certification

American Safety & Health Institute ([www.hsi.com](http://www.hsi.com)) certifications in WFR and WEMT, valid three years, are recognized throughout the United States and in many other countries. **To be certified**, you must make up any skills training you miss, complete all skills logs, and pass the exams. Wilderness topics and skills are the same for WFR and WEMT, but EMT's and Paramedics are already trained to a higher level in topics such as recognizing and treating medical problems in the field and the use of medications. So those currently certified as EMT's or Paramedics receive WEMT certification on graduation; and other participants receive WFR certification.

## Make-ups

If you miss a class, learn and practice the skills we did in that session with a classmate who was there. Also, have a classmate teach you what you missed in the lecture/discussion sessions.

## Continuing Education Credits

CE's are available to participants for a flat fee of \$25 – one unit awarded for every hour of class attended.

## Instructors

Steve Donelan (the lead instructor) is national chairman of the Wilderness Emergency Care program he developed for the American Safety & Health Institute (ASHI), and author of the textbook. He is also a Master Instructor Trainer for ASHI, an Instructor Trainer for the National Ski Patrol, section editor on education for *Wilderness & Environmental Medicine* ([www.wms.org](http://www.wms.org)), editor of the San Francisco Paramedic Association newsletter, and a peer reviewer of several standard textbooks. He has published many articles on emergency care and how to teach it.

## CPR

All students must show the instructor current certification in BLS for Health Care Providers/CPR Pro/CPR for Professional Rescuers before graduating.

## Registration: San Francisco Paramedic Association

Online: [www.sfparamedics.org](http://www.sfparamedics.org)

Phone: (415) 543-1161

Cost: \$460

**Textbook:** *Wilderness Emergency Care* by Steve Donelan. Buy from the instructor in class (\$20) or order in advance from the American Safety & Health Institute at [www.hsi.com](http://www.hsi.com).

**Place:** Piedmont School. Directions will be posted at [www.wildernessemergencycare.com](http://www.wildernessemergencycare.com).

**Time:** See the schedule on the next page.

# WFR & WEMT schedule

*Steve Donelan*

Tuesday & Thursday 7pm to 10pm.

Two Saturdays 9am to 5pm: 5/14, 5/21

For each date, the schedule shows the topics and what to read (in advance) to prepare.

- 4/5 Introduction to the course. Vital systems & signs. Bleeding control.
- 4/7 Wound care. Shock. Bandaging. Ch. 1, 4, 5 and bring book for next class.
- 4/12 Patient assessment. Scenarios. Ch. 2.
- 4/14 **Bring** outdoor equipment to improvise splints. Bone injuries & splinting. Ch. 8. Watch SAM DVD
- 4/19 SAM splints & commercial traction splints. Ch. 8. **Watch** SAM splint DVD.
- 4/21 Improvised traction splints. Athletic injuries. Ch. 9.
- 4/26 Specific injuries. Ch. 10, 11, 12, 14.
- 4/28 Burns & wilderness fire hazards. Scenarios. Ch. 6, 7.
- 5/3 Medical problems in the wilderness. Ch. 30, 32.
- 5/5 Children & elderly. Pregnancy. Special populations. Psychological emergencies. Ch. 34.
- 5/10 Reducing dislocations [*Dr. Joseph Serra*]. Ch. 9.
- 5/12 Spinal injuries. Clearing the spine., Ch. 13 & backboarding handout.
- 5/14 **Saturday**: Spinal management. Midterm practical exam (graded scenarios). Ch. 13.
- 5/17 Heat illness, hypothermia & frostbite, Raynaud's syndrome. Ch. 15-18.
- 5/19 Herbal first aid. Hazardous plants [*Charles & Lynn Garcia*]. Ch. 29, 37.
- 5/21 **Saturday**: Oxygen, vital signs, CPR decisions. Lifts & carries. Wilderness transport. Ch. 33. **Bring** first aid kits. Medical screening & accident reports. Ch. 3.
- 5/24 Effects of altitude, lightning strike, solar radiation. **Review** Ch. 19-22.
- 5/26 Bugs, snakes, bears & aquatic hazards. Ch. 24-28.
- 5/31 Water disinfection, wilderness hygiene, GI illness. Ch. 23, 31.
- 6/2 EMS in the wilderness. START system. Ch. 35, 36.
- 6/7 Final written exam. Skills logs must be completed. **Turn in** essay on a real emergency.
- 6/9 Final practical exam (graded scenarios).