

# Prerequisites

There are no prerequisites for this course; however, it is strongly recommended that the student attend a CPR course prior to taking this course.

# Course Scheduling Information

For open enrollment Basic Wilderness First Aid courses visit [www.wildernesseri.com](http://www.wildernesseri.com).

To set up a course or if you have a question contact -  
Wilderness Emergency Response Institute, LLC.  
PO Box 24  
Windber, PA 15963  
814-659-7017  
[administration@wildernesseri.com](mailto:administration@wildernesseri.com)

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Windber, PA 15963



## Basic Wilderness First Aid Course



## 8-Hour Course

# Who is ASHI

The American Safety and Health Institute (ASHI) is a not-for-profit association of professional safety and health educators providing nationally recognized training programs through more than 4,000 approved Training Centers across the United States and in several foreign countries. ASHI collaborates with a wide variety of other organizations to produce public safety & health products, materials and services that meet or exceed the needs of the membership.

## ASHI Mission Statement

To continually improve safety and health education by promoting high standards for members, principals of sound research for curriculum development and the professional development of safety and health instructors worldwide.

# What is Wilderness Medicine

Wilderness Emergency Care (WEC) is a program that trains and certifies people to cope with wilderness hazards and emergencies. While the focus of ASHI's training is on wilderness situations, the skills that ASHI teaches can be used in

urban emergencies as well. In fact, you can think of urban emergency training as a special case of wilderness training, for situations where you have more resources, and professional help is usually no more than ten minutes away. But if a major disaster disrupts urban services and cuts you off from urban resources, then the purpose of emergency care you are in a wilderness situation.

ASHI's WEC courses should therefore appeal not only to those who do wilderness activities, but also to those who want to prepare for disasters and to anyone who wants more thorough intensive training than most urban oriented courses can offer. In WEC programs, individuals are trained to think – use their brains as well as their hands. Individuals are also trained to improvise with whatever they have or can find at the scene.

# Basic Wilderness First Aid course

This course is meant for volunteers and professionals who lead groups on short trips in relatively low-risk situations, where they are not far from help. This course is ideal for both short-term recreational leaders as well as beginners getting involved in search and rescue. The

individual wishing to take the Basic Wilderness First Aid course does not need to have any prior medical or first aid training. This course meets the prerequisite requirements for the Pennsylvania Department of Conservation and Natural Resources Field Team Member and Field Team Leader certification test.

# General Information

The course is provided in a lecture and skills station format. The students are expected to participate 100% in all classroom and practical stations as well as attend all lectures. The student will be given a written open book exam, which requires successful completion to receive certification. Basic Wilderness First Aid certification is a three-year certification.

Topics that will be covered in the course are Primary and Secondary Surveys and Anatomy, Wound and Burn Care, Bone and Joint Injuries, Splinting Practices, Heat Illnesses, Cold Related Illnesses, Altitude Illnesses, Lightning Injuries, Sun Injuries, Hydration issues, Hazardous Mammals, Mosquitoes and Ticks, Spiders, Bees, Wasps, Snakes and Hazardous Plants.