



# COURSE OUTLINE

## Hybrid Recertification

### Wilderness First Aid 20h / 40h

#### DESCRIPTION

**Hybrid Recertification WFA-20/AWFA-40** is a two-day training program consisting of one day online and one day of in person practice. It allows individuals certified in Wilderness First Aid or Advanced Wilderness First Aid to recertify themselves by combining the learning of essential theory online, from the comfort of their home or workplace, accessible at all times and adaptable to any learning pace, with a hands-on practice session that allows you to apply all the concepts studied through experiential education to refresh your skills.

#### OBJECTIVES

At the end of the course, participants will be able to:

- Recognize and respond appropriately to the most common medical emergencies in urban and remote areas.
- Implement appropriate safety measures when working in urban areas and when working or travelling in remote areas.
- Administer immediate resuscitation care, including the use of an automated external defibrillator (AED), apply basic first aid principles and master splinting techniques.
- Prevent, recognize and manage environmental emergencies, including heat exhaustion, heat stroke, hypothermia and frostbites.

#### DURATION

The duration of this program is 20 hours, broken down into 10 hours online at your own pace and a 10-hour day in person.

#### FORMAT

This course is a hybrid version that includes an online theory module as well as one day of practical activities and realistic simulations to acquire the required skills. At least half of the course hours are dedicated to practical activities. Participants are required to bring their own meals and snacks, and to bring comfortable and appropriate clothing for both indoor and outdoor hands-on activities.

#### EVALUATION

During the online module, participants are presented with realistic scenarios with evaluated questions. The minimum pass mark for certification is 70%. In addition, the practical skills assessment is conducted throughout the practical day.

#### CERTIFICATION

Participants will receive either SIRIUSMEDx Wilderness First Aid or Advanced Wilderness First Aid recertification, depending on their initial certification. This recertification is valid for a period of three years. However, we encourage participants to renew their certification every two years. The certification is renewed by retaking the full 20-hour course to review basic knowledge and techniques.

#### PREREQUISITES

This is a recertification, participants must therefore have a valid Wilderness First Aid (WFA-20h) or Advanced Wilderness First Aid (AWFA-40h) certification.

#### REQUIRED DOCUMENTS

Sirius Wilderness First Aid reference manual. The manual will be available online and a paper version will be offered to participants who wish to receive it (fees to be anticipated) during the field day.

#### RECOGNITION

Further information on the recognition of our programs and the qualifications of our instructors can be found on our website: [www.siriusmedx.com](http://www.siriusmedx.com).

## COURSE CONTENT

### ONLINE SESSION

#### Foundations

- First Aid introduction
- Wilderness First Aid
- Obligations and Responsibilities

#### Physiology and shock

- Homeostasis
- Vital systems
- Shock

#### Patient assessment system

- Introduction
- Scene assessment
- Primary Survey
- Secondary Survey
- Evacuation and long-term patient care
- Accident report and recording

#### Soft tissue injuries

- Wounds
- Burns
- Blisters

#### Traumatic injuries

- Facial
- Head
- Spinal
- Chest
- Abdominal
- Musculoskeletal

#### Medical emergencies

- Medication
- Heart stroke
- Stroke
- Seizure
- Diabetes
- Abdomen pain
- Asthma
- Allergies

#### Environmental emergencies

- Cold-related illnesses
- Heat-related illnesses
- Lightning
- Submersion accidents
- Bites and stings

#### CPR/AED

- Adult, Child
- Airway obstruction
- Wilderness considerations

### PRACTICE SESSION

Demos, practices and realistic scenarios on all modules above.