

Casual Hiker, Rural Living, or Urban Disaster:  
**Wilderness  
First Aid**

**Certification Course**

*a Blue Ridge Mountain Sports Community Event*

- Who:** For adults, and focused youths ages 12+ with solid attention spans – *know your children are safe!*  
Open to the general public. Instructor: Matthew Rosefsky, Wilderness EMT (NREMT-B)
- What:** Hands-on learn how to save life and limb during the critical minutes or hours before ambulance / hospital hand-off, for emergencies in the wilderness of natural areas, **urban disasters**, or **rural living**. Blends classroom instruction, hands-on rescue scenario practice, and Q&A, resulting in SOLO WFA 2-year certification. Approved by the Boy Scouts of America and the American Camping Association. No prerequisites. More info: [www.solowfa.com](http://www.solowfa.com) or **434-INJURED (465-8733)**
- When & Where:**
- **Virginia Beach, VA\***... Thanks [VBFS](http://VBFS) for organizing this class!... **July 21-22, 2012** (2 days)
  - **Knoxville, TN\***..... **August 11-12, 2012** (2 days)
  - **W.F.RESPONDER: Spruce Knob, WV**..... **August 30 – Sep 6, 2012** (8 days)
  - **Charlottesville, VA\***..... **September 29-30, 2012** (2 days)
  - **Richmond, VA\***..... **October 6-7, 2012** (2 days)
  - **Blacksburg, VA\***..... **November 10-11, 2012** (2 days)
  - **Warrenton, VA\*** (near Washington, DC / Northern Virginia)... **December 1-2, 2012** (2 days)
  - **Norfolk, VA\*** (Hampton Roads / Tidewater area)..... **January 19-20, 2013** (2 days)
- Why:** Mired in the wilderness of an urban disaster zone, rural area far from hospital, or natural area miles from an access point ... Accidents and terrorism happen, and all-too-often members of a group are not capable of dealing with the emergency. This leads to improper care of the patient, and endangers the entire group. Studies have shown that many recreational accidents are preventable, and improper care of trauma can compound even simple injuries. Very few first aid programs actually address the issues of providing emergency care in a setting where 911 is overwhelmed or not reachable. In this course, lectures and discussions are interwoven with practical work and problem-solving exercises. Hands-on experience – a most powerful learning tool – during scenarios comprise ~50% of this class. Duration: 8:30am – 6pm both days; you come away with actual do-it-yourself care-giving confidence.
- Topics:**
- **Beyond the 'golden hour':** wilderness/disaster injury challenges and long-term patient care
  - **Patient Assessment System:** thorough patient exam, treatment, monitoring, safety, & documentation
  - **Orthopedic Injuries and Treatment:** Sprains, Strains, Fractures, and Spinal Cord Management
  - **Circulatory System Form and Function:** Heart, Blood, Blood Vessels, Lungs, and Brain
  - **Soft Tissue Injuries and Wound Treatment:** Contusions, Abrasions, Lacerations, Flap Avulsions, Amputation, Punctures, Impalements, Bites, Stings, Blisters, Burns, and Infections
  - **Environmental Injuries and Treatment:** Cold, Heat, Dehydration and Wilderness Survival
  - **Medical Emergencies and Critical Care:** Shock, Allergies, Shortness of Breath, Brain and Heart
  - **Patient movement:** spinal cord precautions and clearing; pre- and post-evacuation treatment
- Cost:** \$175 (advance registration online required) for the 2-day WFA
- \*Charity:** BRMS will choose and donate to local 501(c)(3) nonprofit organizations 10% of course proceeds
- Signup:** **Spaces limited. Register at [www.solowfa.com](http://www.solowfa.com)**