



The **NEW**  
**WEIS CENTER**  
for Education, Arts & Recreation



# **WILDERNESS FIRST AID (WFA)**

## **2-Day (16 hr) Certification Course**

- DATE:** Saturday, October 7 & Saturday, October 14
- TIME:** 9:00 AM - 5:00 PM
- LOCATION:** The New Weis Center, 150 Snake Den Rd, Ringwood, NJ
- PRICE:** **\$125** New Weis Center members; **\$155** non-members  
To join, visit: [www.highlandsnaturefriends.org](http://www.highlandsnaturefriends.org)
- REGISTER:** Pre-registration required. **Deadline: September 21;**  
email Anne at: [amsrose@aol.com](mailto:amsrose@aol.com)

- ▶ Program is adapted from the American Academy of Orthopedic Surgeon's (AAOS) 16-hr WFA curriculum
- ▶ Certificate issued by Emergency Care & Safety Institute (ECSI)
- ▶ Instructor is Richard Savino, from NJ Search & Rescue.



### **Day 1**

- 9:00 Orientation, definitions, philosophy, legal/ethical & psychological/emotional issues
- 9:30 Prevention & action at emergencies, planning, equipment, survival, crisis mgmt
- 10:00 Scene survey, patient assessment, rescuer safety, vital signs, palpation
- 11:00 Shock & physiology types, recognition
- 11:30 Student/patient hands on assessment practice
- 12:15 LUNCH
- 1:00 Bleeding, wounds, burns, blisters, bandaging, practical (demo & hands on)
- 2:30 Hot & cold, bugs & bites, altitude
- 3:00 Medical emergencies, diabetic, allergic, heart, brain, respiratory
- 3:45 Patient assessment scenarios

### **Day 2**

- 9:00 Specific injuries, acute abdomen, eyes, head/face
- 10:00 Bones/joint/muscle injuries, immobilization, improvisation, splinting, extremities
- 12:00 LUNCH
- 12:45 Student scenarios, tie it all together, outdoor practice with proctors and patients
- 3:00 Summary and review
- 3:30 Written test and practical exam