

WILDERNESS FIRST AID and CPR COURSE

This two and a half day course is practical and provides the outdoors person with skills to face almost all eventualities they may encounter in the wild. It is also an internationally recognised qualification.

Experienced facilitators and instructors will run participants through theory as well as the practical aspects of Wilderness First Aid (WFA) and also CPR..

After successfully obtaining the WFA certification, one is able to go one step higher, to that of a Wilderness Medical First Responder. We would be running this course in 2010.

The WILDERNESS FIRST AID and CPR COURSE

is organised and supported by



The Ministry of Tourism and Heritage,
Sarawak



Conducted and Certified by Outward Bound Medical Panel



Coordinated by Outdoor Treks and Adventures

For more information, please email:
outdoorfirstaid@gmail.com

Phone: (+6) 014 597 8424

Outdoor Treks and Adventures Sdn Bhd (756321-X).
+014 597 8424, fax: +6082 362809
2nd Floor, Lot 8540, 3rd Mile Golden Arch Mall,
Jalan Datuk Tawi Sli, 93350 Kuching, Sarawak
93250 Kuching, Sarawak, East Malaysia

Email contact: outdoorfirstaid@gmail.com

www.outdoorfirstaid.org

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Be prepared ..

The Wilderness First Aid course is one for outdoor adventure leaders, serious recreational adventurers, tour guides to wilderness areas, and for those who are involved in the Outdoor Recreation/Education fields.

This course will give you a solid grounding in patient assessment and covers key topics in Wilderness First Aid. One would learn from both theoretical and practical scenarios. CPR and an understanding of patient assessment would prepare you for unexpected eventualities should they arise.

With two days of WFA training, you will leave the WFA course assessed to a high level and confident in your new skills. Following that, there would be a half day CPR training and assessment. The WFA and CPR courses are skill development for Sarawak's tourism towards improving service standards.

Upon completion and successfully passing the assessment, you will be issued with an Wilderness First Aid (WFA) Certification valid for two years, and a CPR Certification. All courses are internationally recognised and successful candidates will be certified by Outward Bound International Medical Panel.

Courses and Dates

Kuching, Telung Usan Hotel
Batch 1 1—3 Feb 2010 30 pax
Batch 2 4—6 Feb 2010 30 pax
Miri, Park City Everly Hotel
Batch 3 22– 23 Feb 2010 30 pax
Batch 4 24 – 25 Feb 2010 30 pax

There would be a maximum of 30 participants per training session. Instructor to trainee ratio: 1:10 and the course is conducted in English.

All applications will be vetted and screened by the Ministry of Tourism and Heritage and those accepted are eligible to attend the course. Successful participants will be informed by email.

Course Outline

1. Wilderness First Aid (WFA) (2 days - 14 hours)
Fun, practical and loaded with scenarios this is the ideal introduction to the field of Wilderness Medicine for those in the outdoors. This course covers all of the essential topics using a number of scenarios for participants to become familiar with concepts.

It is required that participants pass a proficiency test at the end of this course.
The broad syllabus for a 2-day (14 training hours) WFA course as follow:

- Primary survey
- Deadly Bleeders
- Fracture Management - splintless/improvised splint (lower leg)
- Bite/Sting Management (recognising allergy reaction)
- Chest injuries (fracture ribs/flail chest)
- Head Injury & Epilepsy
- The unconscious victim
- Evacuation techniques

2. CPR Cardiopulmonary Resuscitation and Conscious Adult Choking (4 hours)

CPR teaches participants how to respond to life-threatening emergencies. The course focuses on primary care through a combination of knowledge development, skill development and realistic scenario practice to make sure participants have the confidence in their ability to provide care when emergency situations arise.

Topics include but are not limited to:

- Communicable Disease Protection, including barrier use
- Primary Assessment
- Rescue Breathing Cardiopulmonary Resuscitation (CPR) Conscious
- Unconscious Obstructed Airway Management

Name _____

IC No (or passport for none locals) _____

Designation / profession _____

Contact numbers: tel and mobile _____

Email-**MUST** we communicate with you on email _____

Address _____

[] self employed [] working with/for _____

Name of company/organisation _____

Describe your outdoor vocation/experience _____

Terms:

- Successful applicants accepted to the training course must show up and attend the entire session.
- There is no insurance coverage provided for participants. Enrolment is on your own free will and participants release the organiser and its associates (mentioned above) of any/all liability for any mishaps they may sustain out of direct or indirect negligence.
- Participant to be 18 years and older and is able to comprehend English.

I accept the terms of my application.

Sign _____

Date _____

My preference is to join Batch No: _____

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Submit this portion