



Wilderness and Remote **First Aid Course**

**Sat & Sun November 2 & 3, 2024
or Sat & Sun March 29 & 30 2025**

Cost \$200.00

This 16 Hour Wilderness and Remote First Aid (WRFA) Course provides students with an introductory understanding of wilderness first aid. Hands –on course labs, scenarios and repetition ensure students are engaged and learning for the duration of the course. **ARC WRFA** courses combine multiple styles of learning to help you learn and remember course information after the course is complete.

Topics to be covered: Golden Hour, Initial Survey, Primary Survey, Secondary Survey, Documentation, Moving Patients, Shock, Musculoskeletal Injuries, Soft Tissue Injuries, Environmental Concerns – Heat & Cold, Allergies, Breathing Issues, Bites & Stings, Diabetes, Lightning, Scenarios.

Students should come prepared to be outside in the elements and to bring your day pack or backpack loaded with whatever you bring with you into a remote setting.

CPR or higher care is a pre-requisite for your certification and is usually offered prior to the start of the course, ask about CPR if needed. Students who successfully complete the course will receive an American Red Cross WRFA Card which is good for two years from the date of the course. You must attend both dates to receive the card electronically.

The cost of the course will be **\$200.00** per student which includes the cost of training materials, textbook and the certification card. To register or if you have questions please email Instructor John Mulloy at: jmulloy01821@gmail.com for further details.

Registrations will be accepted as payment is received no saving of seats. Once you are registered for the course, I must also insist on a no refund policy unless I can fill your slot in the course. Location for the course is in the greater Harvard, MA area and will be shared once you are registered.