



**GET YOUR
WFA OR WFR
CERTIFICATION**

Wilderness First Aid

If you spend time outdoors,
THIS CLASS IS FOR YOU!

Utilizing a mix of class sessions, hands-on practice and emergency scenarios, we teach you how to:

- * Recognize and provide care for life-threatening injuries
- * Evaluate and provide long-term patient care
- * Be a backcountry leader and to SURVIVE!

Course Topics

- * Identifying life threatening injuries
- * Patient Evaluation and Assessment
- * Vital signs
- * Traumatic Injuries
- * Bleeding
- * Shock
- * Fractures, Sprains and Dislocations
- * Medical Emergencies
- * Breathing Emergencies, Heart Attack and Stroke
- * Bites, Stings and Allergic Reactions
- * Environmental Emergencies (Heat, Cold, Lightning, Drowning)

Course Fee: \$215.00

WFR Recertification \$235.00

*Be prepared to spend time outside! Classroom sessions are supported by hands-on training and rescue scenarios. This class is PERFECT if you are just getting started, have a job working outdoors, or want to increase your knowledge and confidence in the wilderness.

WFA courses may be eligible for EMT Refresher hours.

Wilderness First Responder

If you're serious about the outdoors, this is the class for you. The Wilderness First Responder is considered the 'gold standard' in wilderness medicine. This course is 80 hours of skill sessions, hands-on training, and practical scenarios. Designed specifically to prepare you to provide advanced emergency care, this is perfect for those leading groups in a wilderness setting

Course Topics

- * Identifying life threatening injuries
- * Patient Evaluation and Assessment
- * Vital signs, Physical Exam, and Patient History
- * Traumatic Injuries
- * Bleeding and shock
- * Spinal and Head Injuries
- * Cardiothoracic Trauma
- * Fractures, Sprains, and Dislocations
- * Medical Emergencies
- * Breathing Emergencies, Heart Attack, and Stroke
- * Bites, Stings and Allergic Reactions
- * Lightning and Drowning
- * Altitude Illnesses and Emergencies
- * Environmental Emergencies (Heat, Cold, Lightning, Drowning)
- * Backcountry Survival and Long-Term patient care
- * Group Management and Evacuation

Wilderness First Responder (WFR): \$795.00

WFR Recertification \$235.00

*WFR courses are eligible for EMT Refresher hours AND college credit.

4POINTS
EXPEDITIONS



GET

CERTIFIED

WFA & WFR

Wilderness First Aid

(WFA - 16 Hours, 2 Days)

Wilderness First Responder

(WFR- 80 hours, 7 Days)

Trainings are proudly sponsored by
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