

Wilderness First Aid Training

4 Session-16 Hour Course



October 4, 11, 18, 25, 2010
November 2, 9, 16, 23, 2010
February 2, 9, 16, 23, 2011
March 8, 10, 29, 31, 2011
April 5, 7, 12, 14, 2011

Location: United Hospital, St Paul
333 North Smith Avenue - (651) 241-8000

6:00 - 10:00 p.m. each session
(must attend all four sessions)



Participants are asked to help with unloading and reloading training gear after each session.

For Scouts, Venturers, and Scouters
Wanting Extensive First Aid Skills to Prepare for
Wilderness High Adventure Treks

Cost: \$150.00

Limited to 18 participants. Minimum of 10 participants needed.

Courses WILL be canceled if there are not enough participants. You will be notified a few days in advance.

Topics will include:

- What is Wilderness first aid all about?
- Emergency action principles in a wilderness setting.
- Soft tissue injuries
- Bandages and Dressings
- Muscle, bone and joint injuries
- Environmental emergencies
- Poisonous plants, bites, and stings
- Cardiac arrest, discussion on what to do; (however this class does not include CPR)
- Moving a victim, extrication from difficult locations, seeking help, and evacuation guidelines
- Improvisation
- Written learning opportunity (this is a nice way to say "a 50 point multiple choice exam!")

This training will provide the participant with a three-year BSA Wilderness First Aid Certification from the American Academy of Orthopaedic Surgeons and the Wilderness Medical Society.

Questions about class content call Deb Kaye at 651-208-4679.

Wilderness First Aid Training Registration Form

No Confirmation will be sent for this class, you will be notified of changes

Name: _____ Unit # _____

Address: _____

City, State, Zip: _____ Phone # (____) _____

Email: _____

Dates of course chosen: _____

Please mail with check for \$150 to:

Northern Star Council/BSA
5300 Glenwood Ave
Minneapolis, MN 55422

Credit Account: 642