



BACK COUNTRY & EMERGENCY MED I

Course Syllabus

PREREQUISITES & REQUIREMENTS:

1. No prerequisites required.

TIME:

1.5 hours – 2 hours depending on the amount of interaction and questions.

OBJECTIVES:

The objective of the BACK COUNTRY & EMERGENCY MEDICINE course is to provide attendees with “first step” actions to take during a medical emergency, along with lifesaving techniques that can be taken while waiting for full medical support to arrive. This class is designed for the backcountry hunter as well as the conceal-and-carry consumer looking to educate themselves to be better prepared to help themselves or others during a traumatic event.

Upon course completion attendees will learn:

1. Recommendations of pre-trip planning items.
2. Basics of field care for impact/puncture wounds.
 - Assessment techniques and first steps
 - Best practices from small cuts to severe wounds.
 - How to correctly use a tourniquet.
 - How to correctly pack a wound.
 - How to correctly apply a chest seal.
3. Basics of field care for broken or sprained limbs
 - Basics of creating and applying a splint.
 - RICE procedures for pulls and sprains
4. Identification Signs of Heart Attack and Stroke
 - First aid practices while waiting for help to arrive
5. Basic CPR review (not a CPR training course)
6. Differences between Trauma Kits and First Aid Kits
 - Suggestion checklist for building each

Outfitting Your Way of Life™
Through Expert-led Classes & Training

