

## **WILDERNESS ADVANCED FIRST AID (WAFA)**

**Duration: 40 Hrs/5 Days**

### **DAY 1:**

Introduction  
Patient Assessment System  
Initial Assessment  
Patient Exam/Vital Signs/History  
Documentation  
Scenario  
Adult CPR

### **DAY 2:**

Scenario  
Chest Injuries  
Head Injuries  
Spinal Cord Injury Management  
Back boarding/Litter Packaging and Carrying  
Shock  
Wilderness Wounds, Burns and Infection

### **DAY 3:**

Common Simple Problems  
Athletic Injuries  
Fracture Management  
Traction Splinting  
Dislocations  
Cold Injuries  
Heat and Hydration

### **DAY 4:**

Scenario  
Lightning  
Submersion Incidents  
Altitude Illness  
Bites, Stings and Anaphylaxis  
Abdominal Emergencies  
Unconscious Patients  
Cardiac Emergencies  
Respiratory Emergencies

### **DAY 5:**

Scenarios  
Common Simple Problems  
Wilderness Drug and First Aid Kits  
Written and Practical Testing  
Closing



Wilderness Centre Sdn. Bhd.  
(577107-A)