



Stonehearth Open Learning Opportunities

Wilderness & Emergency Medicine Training

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Wilderness First Aid Hourly (WFA) Breakdown

<u>Topic</u>	<u>Hours</u>
Patient Assessment System	2
Musculoskeletal Injuries and Splinting	3
Shock and Soft Tissue Injuries	2
Spinal Cord Injury Management and Moving Patients	1
Head/Chest/Abdominal Injuries	1
Hypothermia and Frostbite	2
Heat Illness	1
Lightning	.5
Drowning	.5
Altitude	.5
Allergic Reactions and Anaphylaxis	.5
North American Bites and Stings	1
Medical Emergencies (including CNS, Respiratory, Cardiovascular Diabetes, and Acute Abdomen)	1
<u>Total Hours</u>	<u>16</u>