

# OUTDOOR FIRST AID – CURRICULUM

## Welcome and Course Introduction

- Welcome to Outdoor First Aid

## Section 1 - Initial Response

- Whiteboard Lecture: Basic Life Systems
- Whiteboard Lecture: Dysfunction of Basic Life Systems
- Whiteboard Lecture: Patient Assessment Overview
- Video Lecture: Scene Size Up
- Demonstration: Glove Removal
- Whiteboard Lecture: Initial Assessment Steps
- Demonstration: Assessing for a Pulse
- Scenario: Scene Size Up and Initial Assessment - Conscious Patient
- Scenario: Scene Size Up and Initial Assessment - Unconscious Patient
- Demonstration: Airway Obstruction
- Demonstration: Bleeding Control
- Scenario: Bleeding Control
- Quiz: Section 1 Round Up
- Practice: Section 1 Scenarios

## Section 2 - Focused Assessment and Evacuation Planning

- Section 2 Welcome
- Video Lecture: Vital Signs
- Demonstration: Physical Exam
- Whiteboard Lecture: SAMPLE History
- Whiteboard Lecture: Documentation
- Whiteboard Lecture: Introduction to Shock
- Whiteboard Lecture: Assessment and Treatment of Shock
- Whiteboard Lecture: Evacuation Planning
- Whiteboard Lecture: Remote Field Communication
- Demonstration: Full Patient Assessment
- Quiz: Section 2 Round Up
- Practice: Section 2 Scenarios

## Section 3 - Injury Part 1

- Section 3 Welcome
- Whiteboard Lecture: Head Injuries
- Whiteboard Lecture: Spine Injury
- Demonstration: Spine Motion Restriction
- Whiteboard Lecture: Assessment of Musculoskeletal Injury
- Whiteboard Lecture: Treatment of Musculoskeletal Injury
- Whiteboard Lecture: Pain Management for Musculoskeletal Injuries

- Skill Demonstration: Ankle Taping for Stable Injury
- Skill Demonstration: Splinting Introduction and Arm Splinting Part 1
- Skill Lesson: Leg Splinting
- Demonstration: Splinting for a Injury to Knee Ligaments
- Demonstration: Responding to an Injured Person
- Quiz: Section 3 Round Up
- Practice: Section 3 Scenarios

## Section 4 - Injury Part 2

- Section 4 Welcome
- Whiteboard Lecture: Wound Care Overview
- Presentation: Wound Care Equipment
- Demonstration: Wound Cleaning
- Presentation: Wound Management
- Whiteboard Lecture: Chest Injury
- Demonstration: Responding to a Burn
- Quiz: Section 4 Round Up
- Practice: Section 4 Scenarios

## Section 5 - Illness and Medical Conditions

- Section 5 Welcome
- Whiteboard Presentation: Respiratory Emergencies
- Whiteboard Presentation: Allergies and Anaphylaxis
- Whiteboard Presentation: Acute Coronary Syndrome
- Whiteboard Presentation: Acute Abdomen
- Whiteboard Presentation: Stroke
- Quiz: Section 5 Round Up
- Practice: Section 5 Scenarios

## Section 6 - Environment Related Conditions

- Section 6 Welcome
- Whiteboard Lecture: Altitude
- Whiteboard Presentation: Hypothermia
- Text: Heat Illness
- Whiteboard Presentation: Lightning
- Whiteboard Presentation: Submersion
- Presentation: Bites and Stings
- Demonstration: First Aid Kits
- Quiz: Section 6 Round Up
- Practice: Section 6 Scenarios

## Course Completion