

Wilderness & Remote Location First Aid

Includes: CPR AED, Basic Life Support (BLS), Advanced Bleeding Control, Emergency Use of Oxygen and Epinephrine Administration

Portland Water Bureau Instructor – Carol Stahlke

6:00 – 10:00

Wildland First Aid includes (BLS) Skills – 4 Hours:

Cardiopulmonary resuscitation (CPR) Conduct hands on quality compressions for single provider and Team CPR

Automated external defibrillator (AED) We have AED Trainers to practice application of pads, scanning to shock for real time practice for muscle memory purposes.

Assessment – Unresponsive/Responsive we train to give this information to the 911 Operator with mechanism of injury (MOI) if known and location.

Training covers how to assess for: Bleeding, major wounds, facial injuries, minor wounds, burns, head neck back or spine, sudden illness, altered mental status, breathing difficulty, airway obstruction, abdominal problems, poisoning, bites, stings, submersion, lightning, and altitude sickness.

Reviewing all skills including calling for help, knowing your location and specifics for local EMS response times.

10:00 – 10:15 Break

10:15 – 11:15

Advanced Bleeding Control – 1 Hour:

Bleeding Control – Review commercial bleeding control devices for immediate treatment, direct Pressure with protective barriers, protective bandages, modular bandage, H-bandage, Air wrap 4" compression bandage and improvised pressure bandage. Tourniquets include commercial tourniquet, combat application tourniquet, ratcheting

tourniquet, SAM/SWAT and improvised tourniquet. Review and practice hands on of simple to more complex bandages to tourniquets. This includes Hemostatic dressings how to use a packed dressing, quikclot Z fold dressing, Trauma dressing and an improvised packed dressing.

Consideration review – Being prepared with commercial products, bleeding control kit and locating kits. Caring for the person after the bleeding is under control, treating for shock and monitoring.

Splinting – Simple to more complex tools available where they get practice using in partnering and properly applying splints.

Drowning – Review of water emergencies, cold water drowning and utilizing a proper First Aid kits and emergency warming blanket.

Hypothermia – science, risks, and treatment in different situations

Hyperthermia – heat emergencies, risks, and treatment

Patient transport – Extensive discussion and practice on local resources available, life flight in the watershed and current limitations on transport of injured or ill people within the watershed or remote areas.

Patient movement – Spinal injuries versus patients with medical problems or injuries not related to spine. Options for moving patients, practical hands-on exercises for both i.e. spinal injury positions for keeping the head and neck immobile.

Performing emergency drag, log roll with single provider and log roll for multiple providers. Practice Body Elevation and Movement Move (BEAM)

Review and practice – For medical problems hands on practice of recovery position and introduction of practical exercises. Review of emotional considerations in these situations and being prepared with a properly packed First Aid Kit.

11:15 – 11:45 Lunch

11:45 – 1:45

Emergency use of Medical Oxygen – 2 Hour:

Oxygen – Explain the importance of emergency Oxygen administration and identify the components of an emergency oxygen system and function. Identify all situations when a person may benefit from emergency oxygen. Train on Oxygen Oximetry, Pulse Oximeter can be used to help determine the need for and monitor the effectiveness of emergency oxygen.

Delivery devices for oxygen deficiency in an emergency are Low flow Nasal Cannula, Simple Face Mask, Non-rebreather mask, CP Mask with oxygen inlet and bag mask with reservoir bag.

Review policy on worksite chlorine leak making sure 911 is called if oxygen is used. Skills evaluation with Oxygen Delivery for a breathing person and a non-breathing person with bag valve and mask.

Review of current First Aid equipment and oxygen delivery equipment on site.

1:45 – 2:00 Break

2:00 – 3:00

Epinephrine Administration of Epinephrine Auto-Injectors - 1 Hours:

We train employees to help them develop the knowledge, skills and confidence to respond in a life threatening, allergy related emergency. This is a scenario based, video directed, instructional approach. This includes hands on demonstration with Training Auto-Injectors.

Through hearing, speaking, feeling and doing engages the students to embrace the different learning styles making it more enjoyable and easier to retain the information.