

Red Cross / BSA Wilderness and Remote First Aid - Outdoor Class Schedule

<i>Friday Night</i>			
Evening Session	8:00 PM	Introduction to Wilderness First Aid	0:30
	8:30 PM	Lesson 1: First Aid Kits	0:15
	8:45 PM	Lesson 2: Assessment Part 1 – Primary (Initial) Assessment	0:45
	9:30 PM	Lesson 4: CALLing for Help & Evacuation Considerations	0:30
10:00 PM	Cracker Barrel		

2:00

Saturday				
Morning Session	8:30 AM	Lesson 3: Assessment Part 2 – Secondary (Focused) Assessment	1:45	
	10:15 AM	Break	0:15	
	10:30 AM	Lesson 5: Shock and Heart Attack	0:30	
	11:00 AM	Lesson 6: Chest Injuries	0:30	
	11:30 AM	Lesson 10: Burns	0:30	
	12:00 PM	Lesson 11: Abdominal Illnesses	0:30	
	12:30 PM	Lunch	1:00	
	Afternoon Session	1:30 PM	Lesson 7: Head (Brain), Neck and Spine Injuries	2:00
		3:30 PM	Break	0:15
		3:45 PM	Lesson 8: Wounds and Wounds Infection	2:15
6:00 PM	Dinner	1:00		
Evening session	7:00 PM	Lesson 12: Hypothermia	0:45	
	7:45 PM	Lesson 14: Lightning	0:30	
8:15 PM	Break for Evening			

9:15

Sunday			
Morning Session	8:30 AM	Lesson 9: Bone and Joint Injuries	2:15
	10:45 AM	Break	0:15
	11:00 AM	Lesson 13: Heat-Related Illnesses	1:00
	12:00 PM	Lesson 15: Altitude Illnesses	0:30
12:30 PM	Lunch		1:00
Afternoon Session	1:30 PM	Lesson 16: Submersion Incidents	0:30
	2:00 PM	Lesson 17: Allergies and Anaphylaxis	0:40
	2:40 PM	Questions & Tests	0:30
3:10 PM	Pack/ Clean Up		0:45
3:55 PM	Leave for Home		0:00

4:55

Total Class Time

16:10