

Boy Scouts of America Wilderness First Aid

Curriculum and Doctrine Guidelines

Course Outline

Instructor Note: This is the mandatory outline to be used when teaching this course for any Boy Scouts of America attendee.

Total Course Time

Approximately 16 hours

Topic		Approximate Length
Introduction to Wilderness First Aid: <ul style="list-style-type: none"> • Course goals, requirements, and resources • Define wilderness first aid • Wilderness first aid vs. standard first aid 		30 min
Patient Assessment—Initial and Focused: <ul style="list-style-type: none"> • Controlling the scene • Scene safety, hazards, and standard precautions • Mechanisms of injury • Initial assessment, airway, breathing, circulation, disability, and the environment ABCDE (notes) 		30 min
Patient Assessment II: Focused (Secondary) Assessment: <ul style="list-style-type: none"> • Physical exam • Vital signs • Patient history (SAMPLE) • Documentation (SOAP) 		2 hours
Chest Injuries: <ul style="list-style-type: none"> • Field assessment • Treatment for fractured rib/clavicle, pneumothorax, flail chest, tension pneumothorax, open pneumothorax • Evacuation 		30 min
Shock: <ul style="list-style-type: none"> • Define shock • Signs and symptoms • Treatment 		30 min

<ul style="list-style-type: none"> • Define heart attack • Guidelines for evacuation 		
<p>Head (Brain) and Spine Injuries:</p> <ul style="list-style-type: none"> • Field assessment • Closed head injury/skull fracture • Emergency treatment • Prevention • Spinal trauma • Lifting and moving of patients • Evacuation guidelines 		1.5 hours
<p>Bone and Joint Injuries:</p> <ul style="list-style-type: none"> • Define strain, sprain, fracture, dislocation • Field assessment • RICE • Emergency treatment • Prevention • Evacuation 		2 hours
<p>Wounds and Wound Infection:</p> <ul style="list-style-type: none"> • Controlling bleeding • Types of bleeding, abrasion, laceration, blister • Burns • Bites, mosquitoes, ticks, venomous snakes • Prevention • Evacuation 		2 hours
<p>Abdominal Problems:</p> <ul style="list-style-type: none"> • Field assessment • Treatment for stomachache and diarrhea • Indications • Hygiene • Evacuation 		30 min
<p>Hypothermia:</p> <ul style="list-style-type: none"> • Definition • Signs and symptoms • Treatment • Prevention • Evacuation 		45 min
<p>Heat Problems:</p> <ul style="list-style-type: none"> • Definitions • Emergency treatment • Prevention • Evacuation 		1 hour

<p>Lightning:</p> <ul style="list-style-type: none"> • Lightning injury • Emergency treatment • Prevention • Evacuation 		30 min
<p>Altitude Illness:</p> <ul style="list-style-type: none"> • Altitude illnesses • Signs and symptoms • Treatment and long-term care • Prevention • Evacuation 		30 min
<p>Submersion Incidents:</p> <ul style="list-style-type: none"> • Sequence of events • Rescue • Emergency treatment • Prevention • Evacuation 		30 min
<p>Allergies and Anaphylaxis:</p> <ul style="list-style-type: none"> • Basics of allergic response, treatment, and prevention • Signs and symptoms • Epinephrine, EpiPen, and Twinject • Oral antihistamines • Prevention • Evacuation 		30 min
<p>Wilderness First Aid Kits:</p> <ul style="list-style-type: none"> • Contents and uses 		15 min
<p>Scenarios:</p> <ul style="list-style-type: none"> • Skills and scenarios <p><i>Note: Scenarios appear in the PowerPoint slides and are reflected in the individual lesson plans for the modules listed above. Instructors can use any of the scenarios to satisfy this 2-hour requirement.</i></p>		2 hours