



Wilderness First Aid

An Awareness Seminar To Develop Basic Wilderness First Aid Skills

SACRAMENTO

Indoor & Outdoor Learning February 22 & 23, 2025

Saint Mel's Parish Church
(at the School gym, turn west into the parking
lot from Pennsylvania Avenue)
4745 Pennsylvania Ave, Fair Oaks, CA 95628

Registration closes Feb 8, 2025 or as soon as we
reach 24 participants.

If you miss this registration deadline, contact
Charles Potter directly at 916-792-5994 or
Charles.potter@cdtfa.ca.gov to see if there any
remaining openings.



Wilderness First Aid

This is definitely not your local Red Cross first Aid course! The goal of this course is to help the participants deal with medical emergencies in a wilderness setting where qualified medical assistance is more than an hour away and you are the only available medical care for a while. Participants will benefit more if they have completed a basic first aid course.

"At the heart of wilderness medicine is improvisation", says Dr. Eric Weiss in his book "Wilderness and Travel Medicine". By definition, in all wilderness first aid emergencies you are limited to the gear you brought with you and what you can use in your environment. Participants will learn to straighten angulated fractures, clear a spine, reduce a dislocated shoulder and much more using commonly available materials and easily learned techniques.

This a great 16-hour class for those who are looking to experience practical wilderness first aid skills in an outdoor setting. In addition to a half-day of outdoor scenario practice of first aid and emergency leadership skills, this class focuses on practicing skills in and out of the classroom.

A two-year Wilderness First Aid certification is available upon successful completion of this course. There are pre-class reading assignments that we strongly recommended. Upon registration you will receive an email regarding materials to review prior to class.

DATES: February 22 & 23, 2025 SAT & SUN,
8:30AM - 5PM each day

COST: \$135 for the two-day class only. If you also need the NASAR card (National Association for Search and Rescue) for attending a BSA high adventure camp, bring an additional \$35 upon arrival.

Includes: Wilderness First Aid Handouts
Bring a sack Lunch & Note materials

Only 24 students per class, No refunds

Basic First Aid training & CPR are recommended.

Overall attendance is limited to 24 participants.
Youth must be **15 years** or older.
An adult must accompany all youth attendees.

Be sure to bring your paperwork.

All participants must bring a BSA medical form the morning of the first class.

[Register Here](#)

QUESTIONS?

Contact your HAT Chairman
Charles Potter @ 916-792-5994
Email: charles.potter@cdtfa.ca.gov