



# **Tonto Rim Search and Rescue (TRSAR) Wilderness First Aid Course Policy P.O. Box 357 Pine, AZ. 85544**

<b>Approved Date:</b> 11/14/17	6 Pages
<b>Effective Date:</b> 12/01/17	<b>Revision Date:</b>

## **SECTION I. PURPOSE:**

This policy provides requirements and syllabus for the Tonto Rim Search and Rescue Wilderness First Aid Course for the members of the Tonto Rim Search and Rescue Squad. The training provided in this course gives members the knowledge and skills to enable them to render aid during until advanced medical personal arrive.

This course is intended to serve as an resource for TRSAR when involved in medical situations that go beyond the scope of traditional urban first Aid; especially, for those times when a patient requires immediate medical care, or when professional medical care is delayed or not available. This course is intended to provide knowledge and skills necessary to deal with these emergencies until advance medical care is available.

## **SECTION II. REQUIREMENT:**

### **A. Prerequisite for the TRSAR Wilderness First Aid Course:**

1. Must be a TRSAR Member
2. Must have completed a certified Basic First Aid and CPR/AED course.
3. The certification in a Basic First Aid and CPR/AED must be current and valid.

### **B. Requirements for Certification:**

1. Must attend, participate and complete the full two (2) day, (approximately 16 hour) TRSAR Wilderness First Aid Course.
2. Must be able to demonstrate competency and proficiencies in each and every skill taught in the course, and be able to perform the skills correctly without guidance.
3. Must pass the TRSAR Wilderness First Aid Course written exam with a minimum of 80%.

**C. Certification Length:**

1. The certification for the TRSAR Wilderness First Aid Course is two (2) years.
2. It is required that members retake a Basic First Aid and CPR/AED course and the TRSAR Wilderness First Aid Course every two (2) years to remain certified.

**D. Course Instructors:**

1. Instructors should be TRSAR members.
2. One (1) instructor must be a certified Basic 1st Aid and CPR/AED instructor thru a valid certification agency.
3. The other instructors may be certified Medical Professional / Wilderness Responders, Trained instructor, or certified in Wilderness First Aid.
4. Instructors must be knowledgeable and skilled in search and rescue, Wilderness First Aid, and be able to explain, demonstrate and evaluate all the objectives and skills of the course.

**E.. Class Size and Student - Instructor Ratio:**

1. There is no set maximum class size.
2. There is no maximum of students to instructor ratio for the classroom lecture, discussion, demonstration and quiz or exam portion of the course.
3. For skill practice and evaluation there is a maximum ratio of six (6) students to one (1) instructor. Ideally, there should be only 3-4 students per instructor.
4. Students will work in teams during practice. Ideally, teams should only be 2-4 student.

**F. Course Objective:**

1. Understand first responders duties & responsibilities, legal liabilities and limitations.
2. Understand the importance of safety for the responder, team members, family, by-standers and the patient.
3. Understand how to maintain a safe area.
4. How to use PPE (Personnel Protection Equipment)
5. How to assess the scene, subjects, injuries, evacuation needs.
6. How to prepare and respond to an emergency situation.
7. How to identify medical injuries, illnesses and other emergency situations.
8. How to establish a plan.
9. How to treat injuries and illness in a wilderness/remote setting.
10. How to prep the subject to be moved and/or evacuated.
11. How to move or evacuated the subject from the scene.
12. To provide participants with the knowledge, skills and ability to make decisions in emergency situations in a wilderness or remote setting.

13. How to provide patient protection, responders protection, care of injuries and/or illness for extended periods of time while waiting for additional rescuers, advance medical care and/or for evacuations.
14. Understand Helicopter Safety and the Incident Command structure.

**G. Classroom Environment and Course Materials and Equipment:**

1. The lecture, discussion, demonstration portion of the course is conducted in a classroom setting.
2. The skills practice and evaluation portion of the course is conducted outside environment (weather permitting).
3. The room and outside area should be clean and comfortable to be conducive to learning, and adequate to conduct all skill practices and evaluations.
4. Adequate equipment and materials for conducting the course must be available. This includes the following but is not limited too.
  - a. Student manuals
  - b. Squad sign in sheet.
  - c. Pens or pencils, note pads.
  - d. Evaluation sheets, hand outs, test and answer sheets.
  - e. Projector or computer with course power point.
  - f. Symptoms scenarios.
  - g. First Aid supplies, including but not limited to:
    - (1) Bandages, gauze, and splinting materials.
    - (2) Blankets, pads, and tarps.
    - (3) Gloves and masks

**H. Presentation:**

1. A portion of the course will be presented to students using:
  - a. Video
  - b. Lectures
  - c. Discussions
  - d. Demonstrations
2. Another portion of the course will use:
  - a. Hands on practices of various skills
  - b. Hands on demonstration of students proficiencies of skills
  - c. Quizzes and Exams

**SECTION III. COURSE SYLLABUS: 16 Hour Course (2 - 8 hours days)**

**A. Section 1:** Introduction and Basics 45 minutes

1. Introduction, Housekeeping, and Sign-in
2. Understanding Emergencies.

3. Duties and Responsibilities.
4. Legal Consideration and Requirements: Good Samaritan, Consent.
5. Safety and Precautions: Glove Removal
6. Basic Scene, Environmental and Patient Assessment.
7. Cause of Injury and/or Illness.
8. Understanding Your Resources and the Environment
9. Decision Making, Determining Resources and Prioritizing Care.
10. Getting Help and Communication.

**B. Section 2: Assessment** 150 minutes

1. Patient Assessment. Is the look, Ask, Listen and Feel
  - a. First Assessment: The Approach Look, Ask, Listen for the ABCDE's.
  - b. Secondary Assessment: First Physical Exam:
    - (1) Vital Signs.
      - (a) Pulse.
      - (b) Breathing.
      - (c) Level Of Consciousness and Pupils
      - (d) Skin Color, Temperature, Moisture.
      - (e) Pain Level
      - (f) Get Past and Present History AMPLE
  - c. Third Assessment: Second Physical Exam:
    - (1) Spinal, Neck, Head Injury Exam
    - (2) Body Injury Exam
2. Documentation and Taking Notes.
3. Develop a Plan.
4. Practice Assessment
5. Preparing patient for evacuation and moving a patient.
6. Strapping to back board and a stokes.
6. Practice packaging and moving patient (BEAM, Stokes Packaging)
7. Understanding and treating shock
8. Quiz.

**Section 3: Medical Soft Tissue Injuries** 110 Minutes

1. Understanding the difference between Arteries, Veins and Capillaries in relations to blood and bleeding.
2. Soft Tissue Injuries and Treatment.
  - a. Contusions.
  - b. Abrasions.
  - c. Lacerations and Incisions.
  - d. Flap Avulsion.
  - e. Amputations.
  - f. Punctures.
  - g. Impaled Objects and Penetrating Chest Wounds.

3. Control Bleeding:
  - a. Applying Pressure and Elevation.
  - b. Applying Bandaging and Dressing.
  - c. Tourniquets.
4. Infection: Prevention, Identification and Treatment.
5. Other Soft Tissue Injuries and Treatment.
  - a. Burns: Thermal and Electrical, 1st, 2nd and 3rd Degree.
  - b. Blisters.
6. Practice Stopping Bleeding and Applying Bandaging and Dressing.
7. Quiz.

**Section 4:** Musculoskeletal and Trauma Injuries: 150 Minutes

1. Bones, Muscles, Tendons and Ligaments.
  - a. What are they, Their Function, Anatomical Position.
  - b. Type of Injuries.
    - (1) Sprains and Strains.
    - (2) Brakes, Fractures and Compound Fractures.
    - (3) Dislocations.
  - c. Evaluating Injuries.
  - d. Splinting and Slings.
    - (1) Cervical.
    - (2) Arms
    - (3) Lower and Upper Leg.
    - (4) Knee, Ankle and Hip.
  - e. Spinal Cord Management.
    - (1) Clearing the spine
    - (2) Immobilizing the head
  - f. Brain Injuries
  - g. Practice Treating Musculoskeletal and Trauma Injuries.
  - h. Quiz.

**Section 5:** Medical and Environmental Illness and Injuries: 90 Minutes

1. About Humans, Body and Brain
2. Heat Related: Recognition, Symptoms and Treatment.
  - a. Dehydration.
  - b. Heat Exhaustion.
  - c. Heat Stroke.
3. Cold Related: Recognition, Symptoms and Treatment.
  - a. Hypothermia.
  - b. Frost Bite.
  - c. Trench foot.
4. Animal and Insect Bites and Stings.
5. Allergic Reactions.

6. Breathing Problem and Chocking
7. Diabetic / Low Blood Sugar
8. Heart Attacks and Cardiac Arrest
9. Strokes, and Seizures
10. Practice and Quiz.

**Section 6:** Other Emergency Situations: 45 Minutes

1. Suspension Trauma (Long Periods Of Suspension)
  - a. Recognition
  - b. Symptoms
  - c. Treatment
2. Acute Mountain Sickness / High Altitude Sickness
3. Emergency Child Birth

**Section 7:** Helicopter Safety and Incident Command Structure: 30 Minutes

1. Setting Up Landing Zones.
2. Approaching.
3. Incident Command Structure.

**Section 8:** Practices and Evaluations of Assessment and Treatment: 180 minutes

1. The group will break in teams.
2. The teams will conduct various injury and illness assessment and treatments.
3. The team members will rotate duties and responsibilities.
4. Each members will be evaluated on their ability to performs the required skills.

**Section 9:** Testing and Evaluation: 75 Minutes

1. Take 25 Question Quiz.
2. Complete a Course Evaluation.