



LESSON PLAN

Hybrid recertification

Wilderness First Aid 20h and 40h online hybrid

DESCRIPTION

SRI-20 / SARI-40 Hybrid Recertification is a two-day training including a 10-hour online module and a day of in-person practice. It allows people certified in Wilderness First Aid or Advanced Wilderness First Aid to recertify by combining an online theory module, accessible at any time and adaptable to any learning pace, with a day of practice that allows you to apply all the concepts studied to refresh your skills.

GOALS

At the end of the training, participants will be able to:

- Recognize the most common medical emergencies in urban areas and in remote areas and intervene appropriately.
- Put in place appropriate safety measures when working in urban environment and when working or traveling in remote areas.
- Administer immediate resuscitation care, including the use of a automated external defibrillator (AED), apply the basic principles of first aid and master splinting techniques.
- Prevent, recognize and manage emergencies related to the environment, including heat exhaustion, heat stroke, hypothermia, and frostbite.

DURATION

The duration of this program is 20 hours, divided into 10 hours online, at your own pace, and a 10-hour day in person.

FORMAT

This course is a hybrid version which includes an online theory module plus a day of practical activities and realistic simulations aimed at the acquisition of Required Skills. At least half of the class hours are devoted to practical activities. Participants are required to bring their meals and snacks, and to wear comfortable clothing suitable for the practical activities taking place indoors and outdoors.

EVALUATION

During the online module, participants are subjected to realistic scenarios with assessed questions. The passing mark to obtain the certification is 70%. Additionally, the assessment of practical skills is done throughout the day of practice.

CERTIFICATION

Participants obtain a Wilderness First Aid recertification from SIRIUSMEDx or an Advanced Wilderness First Aid recertification from SIRIUSMEDx, depending on their initial certification. This recertification is valid for a period of three years. However, we encourage participants to renew their certification every two years. Certification is renewed by following the full 20-hour course again to review basic knowledge and skills.

PREREQUISITES

This is a recertification, so participants must have a valid Wilderness First Aid Certification (20h) or an Advanced Wilderness First Aid certification (40h) in order to register.

REQUIRED DOCUMENTS

Sirius Wilderness First Aid Manual. The manual will be accessible online and a paper version will be offered to participants who so wish (costs to be expected) during the field day.

ACKNOWLEDGEMENT

You will find further information on the recognition of our programs and the qualifications of our instructors on our website: www.siriusmedx.com

COURSE CONTENT**SESSION
ONLINE**

- Foundations
 - Introduction to first aid
 - First aid in isolated areas
 - Obligations and responsibilities
- Physiology and shock Homeostasis
 - Vital systems
 - State of shock
- Patient assessment system
 - Introduction
 - Examination of the premises
 - Primary examination
 - Secondary examination
 - Evacuation and long-term care
 - Report
- Soft tissue damage
 - Wounds
 - Burns
 - Bulbs
- Traumatic injuries
 - Facials
 - Cranial
 - Spine
 - Thoracic
 - Abdominal
 - Musculoskeletal
- Medical emergencies
 - Medication
 - Cardiovascular emergency
 - Cerebrovascular emergency
 - Epilepsy
 - Diabetes
 - Problems related to the abdomen
 - Asthma
 - Allergies
- Environmental emergencies
 - Cold-related emergencies
 - Hot-related emergencies
 - Lightning
 - Submersion accidents
 - Bites and stings
- CPR / AED
 - Adult and child
 - Airway obstruction
 - Considerations Specific to Remote Areas

**PRACTICAL
SESSION**

Demonstrations, practices and realistic scenarios on all of the above modules high.