

Wilderness First Aid Training

16 Hour Course

March 2, 4, 16, 18
March 30, April 1, 6, 8
April 20, 27, May 11, 18
May 12, 14, 19, 21
June 1, 2, 8, 9
Sept 8, 15, 22, 29
Oct 7, 14, 21, 28
Nov 2, 9, 16, 23



Location: United Hospital, St Paul
333 North Smith Avenue - (651) 241-8000

6:00 - 10:00 p.m. each session
(must attend all four sessions)



Participants are asked to help with unloading and reloading training gear after each session.

**For Scouts, Venturers, and Scouters
Wanting Extensive First Aid Skills to Prepare for
Wilderness High Adventure Treks**

Cost: \$115.00

Limited to 18 participants. Minimum of 10 participants needed.

Courses WILL be canceled if there are not enough participants. You will be notified a few days in advance.

Topics will include:

- What is Wilderness first aid all about?
- Emergency action principles in a wilderness setting.
- Soft tissue injuries
- Bandages and Dressings
- Muscle, bone and joint injuries
- Environmental emergencies
- Poisonous plants, bites, and stings
- Cardiac arrest, discussion on what to do; (however this class does not include CPR)
- Moving a victim, extrication from difficult locations, seeking help, and evacuation guidelines
- Improvisation
- Written learning opportunity (this is a nice way to say "a 50 point multiple choice exam!")

This training will provide the participant with a three-year Wilderness First Aid Certification.

Questions about class content call Deb Kaye at 651-208-4679.

Wilderness First Aid Training Registration Form

No Confirmation will be sent for this class, you will be notified of changes

Name: _____ Unit # _____

Address: _____

City, State, Zip: _____ Phone # (____) _____

Email: _____

Dates of course chosen: _____

Please mail with check for \$115 to:

Northern Star Council / BSA
5300 Glenwood Ave, Minneapolis, MN 55422

Credit Account: 642