

# Wilderness Advanced First Aid

Recognised by Indian Mountaineering Foundation

## How the Best Prepare for the Worst



### CURRICULUM:

- Patient Assessment & Extended Care
- Injury-Illness Identification & Management, including: Bleeding Control, Shock, Spinal Injuries, Head Injuries, Chest Wounds, Sprains & Strains, Fractures & Dislocations, Splinting, Cold Injuries, Heat Illnesses, Lightning, Altitude Illnesses, Drowning, Anaphylaxis, Bites & Stings, Medical Illnesses, Wounds & Wound Management, Patient Moves & Litter Carries, Asthma, Diabetes, Abdominal Emergencies, Burns, Environmental Emergencies
- Cardio-Pulmonary Resuscitation (CPR)
- Emergency Response Procedures

### OVERVIEW:

- Integrating classroom instruction with scenario-based learning
- 32 hour curriculum over 4 days
- Certification: valid for 2 years
- Taught in English
- Fees: Rs. 12,000/- per person (including GST)
- Venue: IMF, 6 Benito Juarez Marg, New Delhi
- Participants: Min. 25 and Max. 40
- Date: 17<sup>th</sup> - 20<sup>th</sup> October, 2024

**Ideal for those working in companies, educational and outdoor organisations, sports bodies, etc. and any individual interested in learning first aid!**

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Indian Mountaineering Foundation, New Delhi ([www.indmount.org](http://www.indmount.org))

Aerie Backcountry Medicine, Missoula, Montana, USA ([www.aerimedecine.com](http://www.aerimedecine.com))

Hanif Centre for Outdoor Education and Environmental Study ([www.hanifcentre.in](http://www.hanifcentre.in))

(An outreach of Woodstock School, Mussoorie – celebrating more than 170 years in the Himalaya)

