

# 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. 10,000/- per person (including GST)
- Venue: IMF, New Delhi.
- Participants: Min. 25 and Max. 30
- Date: 11<sup>th</sup> - 14<sup>th</sup> November, 2021



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

Contact: (011) 24111211/(0135) 2639170 / [vinod.chauhan@indmount.org](mailto:vinod.chauhan@indmount.org) or [hanifcentre@woodstock.ac.in](mailto:hanifcentre@woodstock.ac.in)

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

Aerie Backcountry Medicine, Missoula, Montana, USA ([www.aeriemedicine.com](http://www.aeriemedicine.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 167 years in the Himalaya)

