



WILDERNESS FIRST RESPONDER

Arusha, Tanzania

12-21 April 2016

African Environments Compound - Olasiti

Cost of Course: \$610

Accommodation available on request



African Environments
"Your Adventure Travel Specialists"



Do you work in remote areas? Are you prepared to handle emergencies with limited resources? African Environments is proud to host the **Sentinel Outdoor Institute of the USA**, who will be offering a **10 day WFR course**. This course is the **world standard for wilderness leaders**. It will be taught by **international guides and veteran instructors Peter Anderson, Shikuku Ooko, and Rob Lindner**.



The WFR is designed to offer an **in-depth wilderness medicine education and thorough development of decision making and practical skills**. Course participants should be proficient in English and be willing to study hard for this challenging programme. Approximately **2/3** of the course is classroom lecture and **1/3** practical scenarios.

KEY COURSE COMPONENTS:

- Scene assessment
- Patient assessment
- Identifying life threatening injuries
- Cardiopulmonary Resuscitation (CPR)
- Caring for injuries and illnesses including
 - stopping bleeding
 - cleaning and caring for wounds
 - managing and splinting fractured bones & joints
 - snake bites

- Safely moving patients
- Injury and illness prevention
- Long-term injury and illness management
- Improvised litter construction
- Environmental emergencies

ADDITIONAL TIME SPENT (compared to Wilderness First Aid course):

- Honing assessment, critical thinking and decision skills**
- Practising technique**

Students successfully passing the course will receive internationally recognised WFR and CPR certifications from SOI.

For questions and reservations please contact us:
training@africanenvironments.com