



WILDERNESS FIRST AID

Arusha, Tanzania

18-20 April 2018

African Environments HQ - Olasiti

Cost of Course: \$310

Accommodation available on request



African Environments
"Your Adventure Travel Specialists"



Do you work in the wild? African Environments is proud to host the Sentinel Outdoor Institute of the USA, who will be offering a 3 day Wilderness First Aid training course. This course is commonly taught around the world as an **intro to wilderness medicine**. It will be taught by a team of American, Kenyan and Tanzanian outdoor professionals and veteran instructors.

The WFA is designed to offer an **overview of wilderness medicine** and **extended guidance in technique development**. It is ideal for camp staff, drivers and assistant guides. Course participants should be proficient in English. Approximately 60% of the course is classroom lecture and 40% practical scenarios.



KEY COURSE COMPONENTS:

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

- Cardiopulmonary Resuscitation (CPR)
- Safely moving patients

ADDITIONAL COMPONENTS (to Basic First Aid course):

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

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

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