



WILDERNESS FIRST RESPONDER

Arusha, Tanzania

14-23 April 2020

African Environments HQ - Olasiti

Cost of Course: \$670

Accommodation available on request

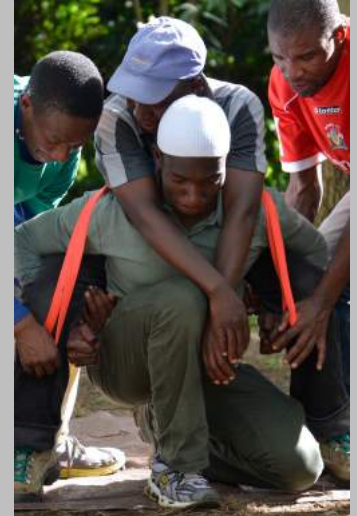


African Environments
"Your Adventure Travel Specialists"



Do you work in remote areas? Are you prepared to handle emergencies with limited resources?

Sentinel Outdoor Institute will be offering a 10 day WFR course. This course is the world standard for wilderness leaders. It will be led by medical and outdoor experts from the US, Tanzania and Kenya.



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@sentineloutdoor.com