



WILDERNESS FIRST AID

Arusha, Tanzania

7-9 May 2022

African Environments HQ - Olasiti

Cost of Course: \$325

Accommodation available on request



African Environments
"Your Adventure Travel Specialists"



Do you work in the wild?

Sentinel Outdoor Institute 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 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@sentineloutdoor.com