

American Red Cross  
**Wilderness First Aid Basics**

2009

(including renewal/challenge courses)

Presented by

**Boy Scouts of America**  
**San Diego Imperial Council**  
Training staff

*TOPICS INCLUDE:*

- |                                 |                                 |
|---------------------------------|---------------------------------|
| When Help is Delayed            | The Emergency Action Steps      |
| Emergency Moves                 | Prioritizing Care               |
| Making Difficult Decisions      | Causes and Prevention of Injury |
| Physical Exam and Report Record | The emotionally upset patient   |
| Preventing Disease transmission | Use of Tourniquets              |
| Preventing Infections           | Head and Spinal Injuries        |
| Chest and Abdominal Injuries    | Burns and Shock                 |
| Hypothermia                     | Major Bites and Stings          |
| Transfers and Evacuations       | <b>AND MUCH MORE!</b>           |

*Participants should:*

- be at least 15 years of age.
- have learned CPR before **or** will do so immediately afterward.
- be able to complete strenuous activities (such as bending, lifting, kneeling, etc)

*As a result of the course, participants will complete:*

- Wilderness First Aid Basics and receive a 3-year card.
- \*\* This meets the Philmont Wilderness first aid training required for some treks

*This course DOES NOT provide:*

- Survival techniques
- CPR training
- Orienteering or map and compass training

**To register, contact Balboa Service Center at  
619/298-6121**

**or visit in person at  
1207 Upas St; San Diego, CA 92103**

**Full course cost is \$50.00 and includes all training materials  
Renewal courses are \$30.00 (students already have text and handouts)**

**Food is the responsibility of the participants.**

***Class size is limited and fills up quickly so do not delay***

*If you have any questions before the day of the course, please call course director, Kevin at 619/300-4219.*

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**Wilderness First Aid Basics**  
**(Account 1-6801-605-20)**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

COURSE DATE: \_\_\_\_\_

FEE ENCLOSED: \$30 (for renewal course only) \$50

IF YOU ARE UNDER 18, WILL YOU HAVE A PARENT OR UNIT ADULT PRESENT? Yes No

**IF NOT, CONTACT COURSE DIRECTOR IN ADVANCE**

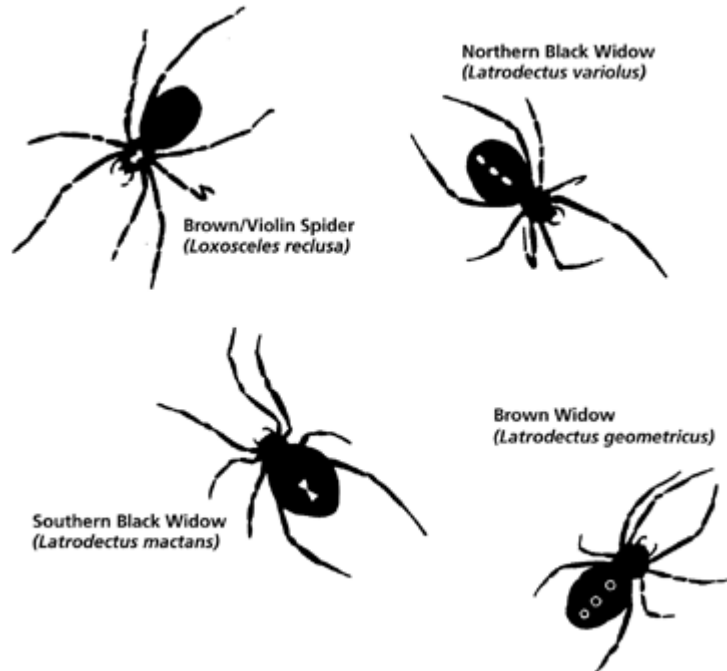
American Red Cross  
**Wilderness First Aid Basics**

**Three full courses are scheduled**  
\$50 FEE

**February 2, 9, 16**  
Tuesday nights 530-930pm  
Grossmont District Board Room  
9001 Wakarusa St; La Mesa CA

**April 3-4**  
Saturday-Sunday 9a-4p  
Balboa Office Atherton Hall  
1207 Upas St; San Diego

**October 30-31**  
Saturday-Sunday 9a-4p  
Balboa Office Atherton Hall  
1207 Upas St; San Diego



**Two renewal/challenge courses are available if you have prior training\***  
\$30 FEE (Participants provide their own text and student guide)

**January 19**  
Tuesday night 530pm-930pm  
Grossmont District Board Room  
9001 Wakarusa St; La Mesa CA

**July 24**  
Saturday night 530-930pm  
Balboa Office Atherton Hall  
1207 Upas St; San Diego

\*To challenge must have related training (i.e. EMT, Emergency Responder, Paramedic, nurse, doctor, etc.) Contact program coordinator for more info. Kevin Opheim 619/300-4219