

*Casual Hiker or Urban*      *Rural Living or Int'l*  
**DISASTER / TRAVEL /**  
**Wilderness**  
**First Aid** **Cert. Course.**

**GIFT CARDS  
AVAILABLE**

**Who:** For adults and focused youths ages 12+ with solid attention spans – *know your young adults are safe!*  
**What:** One of our planet's most in-depth, intellectually-stimulating, hands-on 2-day first aid courses, empowering graduates with care-giving Competence and Confidence to save life and limb during the critical minutes or hours before ambulance/hospital arrival. Satisfaction guaranteed. Earn the SOLO WFA 2-year cert., approved by ACA, BSA, GS-USA, BCUNA & more. No prerequisites. info: [www.solowfa.com](http://www.solowfa.com) or (434) 326-4697

<b>When &amp; Where:</b>	<ul style="list-style-type: none"> <li>• Charlottesville, VA* ..... Jan. 6 - 7, <b>2018</b></li> <li>• Norfolk, VA* ..... Jan. 13-14</li> <li>• Washington, DC ..... Jan. 13-14</li> <li>• Chattanooga, TN ..... Jan. 27-28</li> <li>• Harrisonburg, VA* ..... Jan. 27-28</li> <li>• Nashville, TN sponsored by Metro Parks - Shelby Bottoms Nature Center ..... Feb. 3 - 4</li> <li>• Richmond, VA area* ..... Feb. 17-18</li> <li>• Huntington, WV / Ashland, KY area ..... Mar. 3 - 4</li> <li>• Lexington, VA* ..... Mar. 10-11</li> <li>• Charlottesville, VA* ..... Mar. 17-18</li> <li>• Cincinnati, OH ..... Mar. 24-25</li> <li>• Triangle area of NC* ..... Mar. 24-25</li> <li>• Blacksburg, VA* ..... Apr. 7 - 8</li> <li>• Chattanooga, TN ..... Apr. 7 - 8</li> <li>• Spruce Knob, WV* ..... Apr. 7 - 8</li> <li>• Columbus, OH ..... Apr. 14-15</li> <li>• Charleston, WV ..... Apr. 21-22</li> <li>• Virginia Beach, VA* area ..... Apr. 21-22</li> <li>• Charlottesville, VA* ..... Apr. 28-29</li> <li>• Washington, DC ..... May 5 - 6</li> <li>• Dayton, OH ..... May 12-13</li> </ul>	<ul style="list-style-type: none"> <li>• Greensboro, NC* ..... May 12-13, <b>2018</b></li> <li>• Wilmington, NC* ..... May 12-13</li> <li>• Charlottesville, VA* ..... May 16-17</li> <li>• Birmingham, AL ..... May 19-20</li> <li>• Roanoke, VA* ..... May 19-20</li> <li>• Charlottesville, VA* ..... May 26-27</li> <li>• Old Fields, WV (off-road driving-tailored class, same skills &amp; cert., open to all) ..... May 26-28</li> <li>• Nashville, TN sponsored by Metro Parks - Shelby Bottoms Nature Center ..... June 2 - 3</li> <li>• Richmond, VA area* ..... June 2 - 3</li> <li>• Indianapolis, IN ..... June 9-10</li> <li>• Montgomery, AL ..... June 9-10</li> <li>• Triangle area of NC* ..... June 16-17</li> <li>• Richmond, KY (near Lexington, KY) ..... June 16-17</li> <li>• Charlotte, NC* ..... June 23-24</li> <li>• Huntsville, AL ..... June 23-24</li> <li>• Fredericksburg, VA* ..... June 23-24</li> <li>• Atlanta / Marietta, GA ..... June 30-July 1</li> <li>• Charlottesville, VA* ..... July 14-15</li> <li>• Uwharrie, NC (off-road driving-tailored class, same skills &amp; cert., open to all) ..... July 28-29</li> </ul>
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**Why:** Mired in a disaster zone (natural, terrorist, or street protest), or rural/travel/wilderness area far from a hospital ... accidents, destructive weather, and terrorism happen, and all-too-often people are not capable of dealing with the emergency. Improper care of trauma can compound simple injuries, or even lead to death. Very few first aid programs address the issues of providing emergency care in a setting where 911 is overwhelmed or not immediately reachable. In this course, classroom instruction and Q&A are interwoven with practical work and problem-solving exercises. Hands-on practice – a most powerful learning tool – during scenarios comprises ~50% of class. 8:30am–6:30pm or 7pm both days, you come away with do-it-yourself care-giving confidence.

- Topics:**
- **Beyond the 'Golden Hour':** wilderness/disaster/remote travel injury challenges & long-term patient care
  - **Patient Assessment System:** thorough patient exam, treatment, monitoring, safety, & documentation
  - **Orthopedic Injuries and Treatment:** Sprains, Strains, Fractures, and Spinal Cord Management
  - **Soft Tissue Injuries and Wound Treatment:** Contusions, Abrasions, Lacerations, Flap Avulsions, Amputations, Punctures, Impalements, Bites, Stings, Blisters, Burns, and Infections
  - **Environmental Injuries and Treatment:** Cold, Heat, Dehydration and Wilderness Survival
  - **Medical Emergencies and Critical Care:** Shock, Allergies, Shortness of Breath, Brain and Heart Problems
  - **Patient Movement:** Clearing a spine for patient movement; pre- and post-evacuation treatment

**Cost:** \$195 (advance registration online required) for the 2-day dtWFA

**\*Charity:** Nonprofit organizations local to each asterisked\* location will receive 10% of course proceeds.

**Signup:** Spaces limited. Register at [www.solowfa.com](http://www.solowfa.com)