

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

**Who:** For adults and focused youths ages 12+ with solid attention spans – *know your young adults are safe!*

**What:** Hands-on learn how to save life and limb during the critical minutes or hours before ambulance / hospital arrival. Earn the SOLO WFA 2-year certification, approved by the ACA, BSA, GS-USA, BCUNA & more. No prerequisites. More info: [www.solowfa.com](http://www.solowfa.com) or **434-INJURED (434-465-8733)**

**When & Where:**

- **Mountain-top Weekend Retreat near Blacksburg, VA\*** (*cabins \$9/bed avail.*) **Sep. 2 - 4, 2017**
- **Old Fields, WV** (*off-road driving-tailored class, same skills & same cert, open to all*)..... **Sep. 16-17**
- **Chattanooga, TN**..... **Sep. 23-24**
- **Charlottesville, VA\*** (*CPR / AED / Choking also offered, eve of Oct. 13*)..... **Oct. 14-15**
- **Roanoke, VA\***..... **Oct. 21-22**
- **Nashville, TN**..... **Oct. 21-22**
- **Washington, DC**..... **Nov. 11-12**
- **Uwharrie National Forest, NC** (*tentative, try registering online or call*)..... **Dec. 16-17, 2017**
- **Charlottesville, VA\*** (*CPR / AED / Choking also offered, eve of Jan. 5*)..... **Jan. 6 - 7, 2018**
- **Norfolk, VA\***..... **Jan. 13-14, 2018**

**Why:** *Mired in a disaster zone, travel or rural area far from hospital, or natural area miles from an access point ... accidents, destructive weather, and terrorism happen, and all-too-often members of a group are not capable of dealing with the emergency. This leads to improper care of the patient, and endangers the entire group. Many accidents are preventable, and improper care of trauma can compound even simple injuries. Very few first aid programs actually 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 experience – a most powerful learning tool – during scenarios comprise ~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
- **Circulatory System Form and Function:** Heart, Blood, Blood Vessels, Lungs, and Brain
- **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 movement; pre- and post-evacuation treatment

**Cost:** \$185 (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)**