



## Wilderness First Aid Basics

The American Red Cross Wilderness First Aid Basics course is for those who work, live or play in remote areas – away from the usual EMS service. Even though the emergency workers near these areas may be trained to search for and rescue those in need, there may be a delay between notification and response.

This course was developed to meet the needs of the unique area of the southern Appalachian Mountains, but can applied to other remote areas as well. It uses a combination of classroom, skill practice, and role play learning to teach the response steps and treatment of injuries and illnesses in a delayed-help situation.

*Suppose you were hiking on a long trail with a group of friends and one suddenly had trouble breathing ...  
Would you know how to help?  
What do you do if help doesn't arrive soon?  
It's getting dark and cold – your friend isn't doing well.  
Your basic first aid course didn't cover this ....*

Answer these questions – at the right time and provide the necessary care.  
Know what to do. Here's how!

- What:** American Red Cross Wilderness First Aid Course with Adult CPR
- When:** May 1-3, 2009 (7:00 PM Friday – 3:00 PM Sunday)
- Where:** Worth Ranch - Collier
  
- Cost:** \$99.00 (includes books & materials, meals and certification documents)
  
- Further Information:** Contact Jeff Palmer(lead certified ARC Instructor)  
817-300-4173
  
- Mail To:** Jeff Palmer JP9641@Verizon.net  
9641 Barksdale Dr.  
Keller, TX 76248

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