



WILDERNESS FIRST AID

Arusha, Tanzania

Accommodation available on request.



Do you work in the wild?

African Environments is proud to host the Sentinel Outdoor Institute of the USA, who 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 Peter Anderson, an international guide, veteran instructor, and director of SOI.

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 Intro to Wilderness Medicine 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.

Please contact us for details:
training@africanenvironments.com