

Instructor Guide

Wilderness Emergency Care

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Supporting Courses in:

- Wilderness First Aid
- Wilderness First Responder
- Wilderness EMT upgrade



**AMERICAN SAFETY
& HEALTH INSTITUTE**



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Supplements

- Quiz/Exam Answer Sheets
- Course Roster
- Rate Your Program Evaluation Form

Section I

How the Wilderness Emergency Care Program Works

What is Wilderness Emergency Care?

Wilderness Emergency Care (WEC) is a program that trains and certifies people to cope with wilderness hazards and emergencies. It includes training at all levels, from basic and intermediate courses for those who do wilderness recreation, to the advanced courses that wilderness professionals need. It also includes review and challenge courses to facilitate re-certification, and seminars as well as workshops for those interested in specific topics.

While the focus of our training is on wilderness situations, the skills that we teach can be used in urban emergencies as well. In fact, you can think of urban emergency training as a special case of wilderness training, for situations where you have far more resources, and professional help is usually no more than ten minutes away. But if a major disaster disrupts urban services, and cuts you off from urban resources, then for the purposes of emergency care you are in a wilderness situation.

Our WEC courses should therefore appeal not only to those who do wilderness activities, but also to those who want to prepare for disasters, and to anyone who wants more thorough and intensive training than most urban-oriented courses can offer. In our courses, we train people to think – to use their brains as well as their hands. And we train them to improvise with whatever they have or can find at the scene.

We should also be training our students to take charge of their own learning. The more they are able to teach themselves and each other, the easier our jobs will be, and the more they will learn. Moreover, they are likely to use their learning and teaching skills to continue their emergency care education after they graduate from your class; and some of them will probably go on to become instructors. That is why the textbook begins with a chapter on how to train for wilderness emergencies, and includes many tips on how to learn.

What are the courses?

The family of wilderness courses in the program includes:

- Basic Wilderness First Aid (8 hours)
- Wilderness First Aid (16-20 hours)
- Wilderness First Responder (60-80 hours)
- Wilderness EMT Upgrade (40 hours)
- Review and Challenge courses
- Seminars and Workshops

The *Basic Wilderness First Aid* manual supports the Basic course. For the other courses, we use the *Wilderness Emergency Care* textbook. The course and lesson outlines in this Instructor Guide show you which parts of the textbook to use for each course. All of the courses award 3-year ASHI certifications to students who complete the requirements. Participants in seminars and workshops do not get certifications, but they do get “Has completed” cards that document their participation.

NOTE: For information on becoming an instructor, levels of instructor certification or instructor trainer certification, please refer to the American Safety & Health Institute's Training Center Administrative Manual.

Using the *Instructor Guide*

This *Guide* has four sections:

- The first section (which you are reading) gives you an overview of the program and explains how it works.
- The second section explains how to plan, prepare for, teach, and evaluate a class.
- The third section provides outlines for all the wilderness courses, and lesson outlines that show you what to include in each course.
- The fourth section is a collection of instructor resources, including written exams, quizzes, scenarios for practical exams, and sample evaluation forms.

Different instructors have different teaching styles, and every group of students is different, so the wilderness program is designed to be flexible. But you must teach to the objectives, which are listed at the beginning of each lesson outline for both the basic and the more advanced courses. By the end of the lesson (however you teach it) students should have shown you (by their participation and skills performance) that they have met the objectives. And the objectives for an entire course are reflected in the written and practical exams for that course.

In an instructor course, we use the *Guide* to familiarize you with the course plans and materials, and provide you with ideas for teaching and conducting the courses, which you test in the practice teaching exercises. If you are already an instructor, the *Guide* should be not only a resource, but also a stimulus to new ideas. Every time you teach, you should be evaluating the course, and asking yourself how you can make it more effective. As you become more experienced, you will annotate and augment the *Instructor Guide* with your own ideas, teaching techniques, class exercises, and resources.

Using the *Wilderness Emergency Care* textbook

This book can be used in several ways.

- Students should read the chapters on the topics for each lesson in advance.
- Instructors can use the illustrated, step-by-step skill guides to direct skills practice.
- Students can use the skill guides in practice groups, with one book per group in the hands of the coach.
- Students can also use the book for reference and review.
- Since the book contains more material than is required for certification, it provides a resource for students who want to know more.
- It also gives instructors resources to respond to the special interests of a group that may want to know more about some topics.

In a skills practice group, students take turns acting as the coach, with the book in hand; and the other students (without the book) play the roles of patient and rescuer(s). After each round of practice, students rotate through the roles. Generally, students should NEVER try to learn and practice a skill with their noses in a book. During skill practice their focus should be on the patient, and they should be in problem-solving mode.