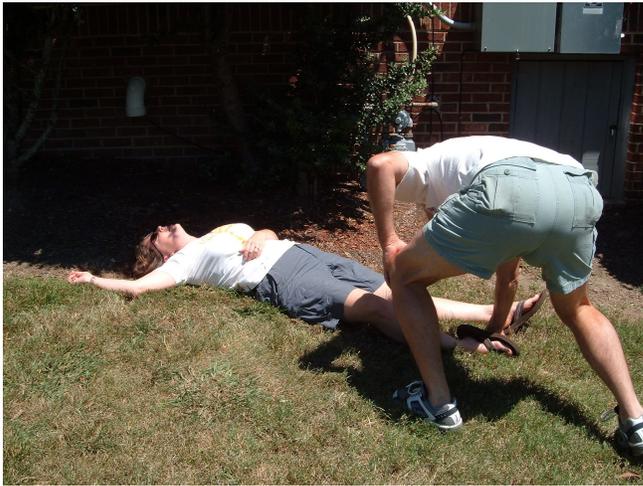


# Wilderness First Aid

Presented by the  
**Henderson County Chapter, American Red Cross**  
**Friday Aug 7 (5:30 pm – 9:30 pm), Saturday Aug 8 (9 am- 6 pm) and**  
**Sunday Afternoon Aug 9 (1 pm-6pm)**  
**Cost: \$125**

**Location: Henderson County American Red Cross 203 2<sup>nd</sup> Ave. East (corner of Grove and Second) for the Friday night class. Saturday skills session in an outdoor place to be determined.**



Wilderness First Aid Basics was developed by the American Red Cross to meet the first aid training needs for anyone who spends time in remote areas where emergency care will be delayed in an emergency. This class covers assessment and urgent first aid techniques, but not in-depth CPR. Basic first aid skills are covered, making this course appropriate for anyone regardless of experience level.

No prerequisites are required. A three year Wilderness and First Aid Basic certification is issued upon completion. A minimum age of 15 is recommended for participants due to the serious nature of the course and scenarios.

## Course Content

\*Types of delayed-help situations \*Emergency action steps\*Checking the scene, patient and resources  
\*Contacting help \*Caring for the patient long term \*Preventing disease transmission \*Prioritizing care  
\*Wounds \*Head and spinal injuries\*Extremity injuries \*Abdominal injuries \*Sudden illnesses  
\*Major bites and stings\*Other types of backcountry injuries and miseries \*Carrying out the plan  
\*Deciding to evacuate

Register by August 3 online at [www.hcredcross.org](http://www.hcredcross.org)  
or by phone with a credit card at the Henderson  
County Red Cross. Call 828-693-5605 for more  
information.



**American  
Red Cross**

American Red Cross\*Henderson County Chapter  
203 Second Ave. East\*Hendersonville, NC 28792  
828-693-5605\*[www.hcredcross.org](http://www.hcredcross.org)