

WFA/WFR Recert 2 Day Schedule

Day 1	
8:00 - 8:30	Registration & Introduction to Course
8:30 - 10:00	Patient Assessment
10:00 - 11:30	Bleeding and Shock/Wound Management
11:30 - 12:00	Wound Management Workshop
12:00 - 1:00	Lunch
1:00 - 2:00	Practical Skills
2:00 - 3:00	Head and Spine Injuries
3:00 - 5:00	Practical Skills
5:00 - 5:30	Break
5:30 - 6:00	Near Drowning and Lightning
6:00 - 7:00	CPR
7:00 - 7:30	Abdominal and Chest Injuries
7:30 - 8:00	Wilderness Medical Kits
Day 2	
8:00 - 9:00	Hot and Cold Related Injuries
9:00 - 10:00	Musculoskeletal Injuries
10:00 - 11:00	Fractures and Improvised Splinting
11:00 - 12:00	Practical Skills
12:00 - 1:00	Lunch
1:00 - 2:30	Common Medical Problems (Chest Pain, Respiratory, Neurological, N/V, Abdominal Pain, Anaphylaxis and Allergies)
2:30 - 3:30	Evacuation Guidelines, Improvised Litters and Carries
3:30 - 4:30	Practical Skills
4:30 - 5:00	Bites and Stings
5:00 - 6:00	Written Exam (WFA Course Ends Here)
6:00 - 9:00	Practical Skills Testing