



Wilderness & Remote First Aid

Specialized first aid training uniquely designed for wilderness and remote environments

The Canadian Red Cross Wilderness & Remote First Aid Program (WRFA) offers specialty first aid courses for those who live, work, and/or play in non-urban, remote, and wilderness settings. With three levels of training, participants can choose the course which best meets their needs for personal safety and the safety of others in remote and wilderness environments.

Our unique approach to program development and commitment to evidence-based practices ensures the course curriculum is effective and relevant.

Program features

- ✓ **Expanded course options** with a brand-new Wilderness First Responder level providing advanced first aid and CPR skills, leadership, and rescue decision-making skills for professional rescuers who work and respond to emergencies in remote or wilderness settings.
- ✓ **Alignment with the Canadian Standards Association (CSA) standard on workplace first aid education**, ensuring the 20-hour Remote First Aid course meets or exceeds the requirements for Intermediate First Aid (Standard First Aid).
- ✓ **Real-life learning activities and scenarios** specifically designed for wilderness and remote environments so participants get the most effective learning experience possible.
- ✓ **Wilderness & Remote Field Guide** provides a take-home resource that is portable, waterproof and includes pictures, protocols, and the latest evidence-based practices for first aid.

Canadian Red Cross Wilderness & Remote First Aid offers flexible course options designed to meet the needs of specialized audiences

	REMOTE FIRST AID	WILDERNESS FIRST AID	WILDERNESS FIRST RESPONDER
Course Length	20 hours	40 hours	80 hours
Audience	For individuals that work or live in a remote (or non-urban) environment.	For individuals that work and/or spend significant time in a wilderness environment, or lead groups in a professional capacity.	For individuals who work as part of a formal rescue and response system, typically having a duty to act as a member of a team.
Participants' Typical Responsibility	Safety of themselves	Safety of themselves and their peers or group	Rescuers who specialize in decision-making, extrication, and transport.
Environment	<ul style="list-style-type: none"> • Remote workplaces or communities (2 or more hours from organized health care) • Wilderness (less than 3 hours from organized health care) 	<ul style="list-style-type: none"> • Wilderness (3 or more hours from organized health care) • Challenging environments with varied risk levels 	<ul style="list-style-type: none"> • Challenging environments with varied terrain and risk levels • Environment that requires responding as part of a team in a targeted capacity where survival may be compromised
Planned Trip	Day trip	Expedition/Multi-day trip	Targeted rescue
Care	Within 24 hours	Overnight to a few days	Urgent evacuation and extended care (5+ days) as required.
Key Learning Outcomes	<ul style="list-style-type: none"> • Planning, prevention, and situational awareness • Wound care • Environmental emergencies 	<ul style="list-style-type: none"> • Planning, prevention, health and wellness of the group • Leadership skills • Assessment • Extended care and decision-making around additional supports required 	<ul style="list-style-type: none"> • Leadership skills • Expectation to provide care • Use of professional tool kit and resources • Extrication and rescue decision-making

To find out more about the Red Cross Wilderness & Remote First Aid program visit redcross.ca/wilderness

To register call 905-240-0092 or visit <https://durhamfirstaid.com/our-courses/>