

WILDERNESS FIRST AID COURSE

COURSE SYLLBUS

1. Perform a scene size-up and an initial assessment of a casualty.
2. Perform cardio-pulmonary resuscitation in the field.
3. Assess and manage the victims of bleeding/shock and soft tissue injuries.
 - Describe the different types of bleeding
 - Control external bleeding
 - Guidelines on bandaging and dressing
 - Describe the signs and symptoms of shock
 - Manage a victim in shock
 - Manage a victim with bleeding
 - Wound care management in the field
4. Assess and manage victims of musculoskeletal injuries.
 - Describe the signs and symptoms of fractures, dislocations and sprains.
 - Manage a victim with a fracture or dislocation or sprains.
5. Assess and manage victims of head and neck injuries.
6. Manage and care of victims of an epileptic fit.
7. Assess and manage victims with chest injuries.
 - Describe the signs and symptoms of a chest injury
 - Manage victims with open chest injuries
8. Improvised stretcher and lifting and moving a casualty in the field.

TRAINING HOURS

2.5 Day Course (22 training-hours)

PARTICIPANT

Max: 20, Minimum: 14.

RATIO OF PAX/TRAINEE: 7: 1

MEDIUM OF INSTRUCTIONS

English

TRAINING LOGISTICS AND TRAINING HANDBOOK:

Provided

FEE: RM 1,300 (including course, accommodation and meals)

CERTIFICATION

Upon successful completion of course, trainees will be awarded the Certificate of Proficiency, accredited by the National First Aid Council of Singapore and the OBS Medical Advisory Board. Validity of certificate is for 2 years.

VENUE: Eco Village, Hulu Langat - KL Malaysia

MAJOR(RET) DAVID TAY K K

Dy Head, Medical Training Branch, Training Development, OBS

RN(Singapore), EMT(P-Advanced)(BC, Canada), Certified EMT Instructor(Canada), WEMT(USA-WMA), Cert, Underwater Medicine(RSN, S'pore), Certified Advanced Instructional Technique in Clinical Education (Paramedic Academy, BC), Certified BCLS instructor, AED instructor (National Resuscitation Council of S'pore)

Major Tay retired from the Medical Corps, Ministry of Defence - Singapore in 2000 and his last held appointment was Chief Instructor, SAF School of Military Medicine. During his tenure with the Medical Corps, Maj Tay spearheaded the development of the paramedic training programme in Singapore together with the Singapore Civil Defence medical section, taking the lead as its chief paramedic, which saw the birth of the Emergency Ambulance Service in Singapore that is fully managed by locally trained paramedics in 1997 to-date. Upon retirement from active service, Maj Tay joined the Outward Bound Singapore's Medical Health Services in 2000. There, he developed and conducts the Wilderness Medical First Responder Certification (WMFR) Programme that is accredited by the National First Aid Council of Singapore and the OBS Medical Advisory Panel. Originally designed as a certification programme for OBS trainers in wilderness first aid, the WMFR programme soon saw the participation of outdoor educators from the CCAB, Min of Education, service-learning groups in polytechnics and junior colleges, regional OB center (OB Malaysia, OB Brunei), Outdoor Adventure Center in Malaysia (e.g. Rainforest Resort, Kota Tinggi), Sarawak's Outdoor Treks & Adventure Sdn Bhd, Singapore United Nation Peace-Keepers (Singapore Police Force), etc.

CAPTAIN(RET) TONY LOH CHONG KWAN

Head, Medical Health Services, OBS

RN(Singapore), BSc(N)(Australia), WEMT(USA-WMA), Certified BCLS instructor, AED instructor (National Resuscitation Council of S'pore)

Captain Loh joined OBS in 1992 and is instrumental in developing the OBS medical facility from a humble first aid post to that of a fully-equipped medical center it is today. The medical center is currently staffed by certified professional Registered Nurses providing 24-hour coverage within OBS training areas, both locally and overseas. Both Cpt Loh and Maj Tay co-drafted the treatment protocols for OBS instructors in outdoor injuries management which was endorsed by the OBS Medical Advisory Panel, comprising of medical specialists in both government hospitals and private practice. Both of them set about developing the WMFR Certification Programme in 2000 which saw countless number of outdoor practitioner from within the OB fraternity and the public certified.

RN MASRIFAH BTE MARKSO

Team Nurse Manager, Medical Health Services, OBS

RN(S'pore), WEMT (USA-WMA), Adv Diploma in Nursing Management (S'pore), Certified BCLS instructor, AED instructor (National Resuscitation Council of S'pore)

RN Masrifah joined the OBS in 2001 as a RN, upon completion of her clinical posting to the High Dependency Ward, Singapore General Hospital. RN Mas was in the team with Cpt Loh and Maj Tay that designed the Training Management Plan for the OBS WMFR Certification Programme. She is well adapted to both clinical nursing and remote area medical care, having participated in numerous OBS overseas expeditions and training courses, as a RN.