

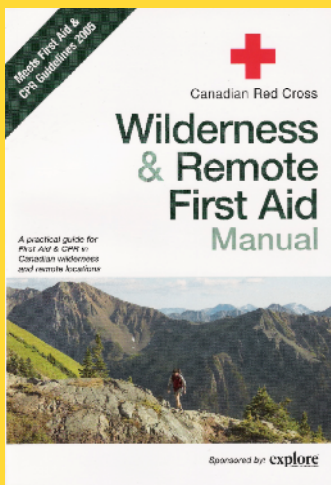
Do you...



- Lead groups in a remote setting?
- Work as a wilderness guide for hunting, fishing, canoeing or other trips?
- Live, work or play where you're likely to be more than 24hrs from medical aid?

If so, an **Advanced Wilderness and Remote First Aid** course might be what you're looking for!

In addition to topics covered in Standard First Aid, this 40hr course also includes:



Extended Care
Secondary Scenarios
Pressure Points for Deadly Bleeds
Improvised Cervical Collars
When to Remove Impaled Objects
Hypothermia Wrap
Immersion Foot
Basic Ice & Water rescues
Digestive System Problems
Evacuation and Transportation
Removing impalements
Reducing a dislocated shoulder

Your Health
Improvised Backboards
When to Discontinue CPR
Moving Head to In-line Position
Irrigating Wounds
High Altitude Illnesses
Scuba Diving Emergencies
Communication Devices
Evaluation
What is the P.L.A.N.?
Re-aligning limbs to normal position

LMac Community CPR



The #1 independent provider of Canadian Red Cross First Aid programs in SW Ontario 401 corridor for 9 straight years 2004 to 2012 & the #3 Red Cross Wilderness & Remote First Aid for Ontario 2011!

519-453-1483

www.LMac-CPR.ca

Laura@LMac-CPR.ca