

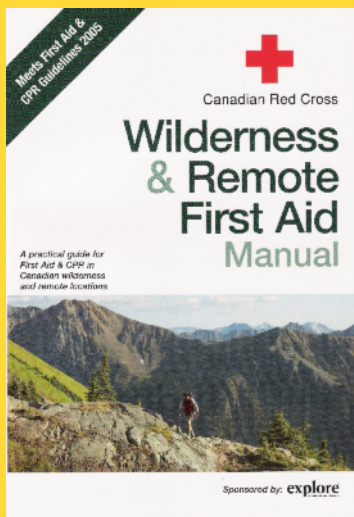
Do you...



- Camp, hike or canoe in areas where cell phones don't get a signal?
- Travel, work, live or vacation in remote areas where you're more than an hour from medical aid?
- Have an interest in First Aid that goes well beyond what's taught for 'Urban' First Aid?

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

In addition to topics covered in Standard First Aid, this 20hr 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

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.?

*L*Mac 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!

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