

EWES

EUROPEAN WILDERNESS
EDUCATION SCHOOL

WE ARE NATURE



WILDERNESS ADVANCED FIRST AID (WAFA)
17-21 October 2022
Sadernes, Spain



WILDERNESS FIRST AID COURSE

For 2022, the European Wilderness Education School is launching a new series of Wilderness Advanced First Aid courses. These WAFA courses will be taught by practicing Advanced Paramedics, Paramedic Instructors and Wilderness EMTs.

The EWES Wilderness Advanced First Aid curriculum focuses on medicine for times when help may be hours or days away. This detailed, 40 hour, hands-on training course is designed to meet the needs of wilderness guides, mountain leaders, and those working in remote locations.

Classroom lectures and demonstrations are combined with realistic scenarios where our instructors will challenge you to practice your new skills and knowledge. Wilderness Advanced First Aid is different from a Red Cross or urban first aid. The focus is on initial and prolonged care for a patient in a wilderness / remote environment.

Methodologies:

- The content described above will be given in a book before the course
- Dynamic classrooms in the wilderness
- Skills workshops
- Integration of the concepts in wilderness simulation everyday

In order to receive a WAFA certification you need to pass both a written and a practical test. What makes our WAFA course stand out is the addition of an intensive 24 hour wilderness rescue scenario where you will have to put into practice everything you learned earlier in the week.

Be ready for the unexpected, enjoy and learn!





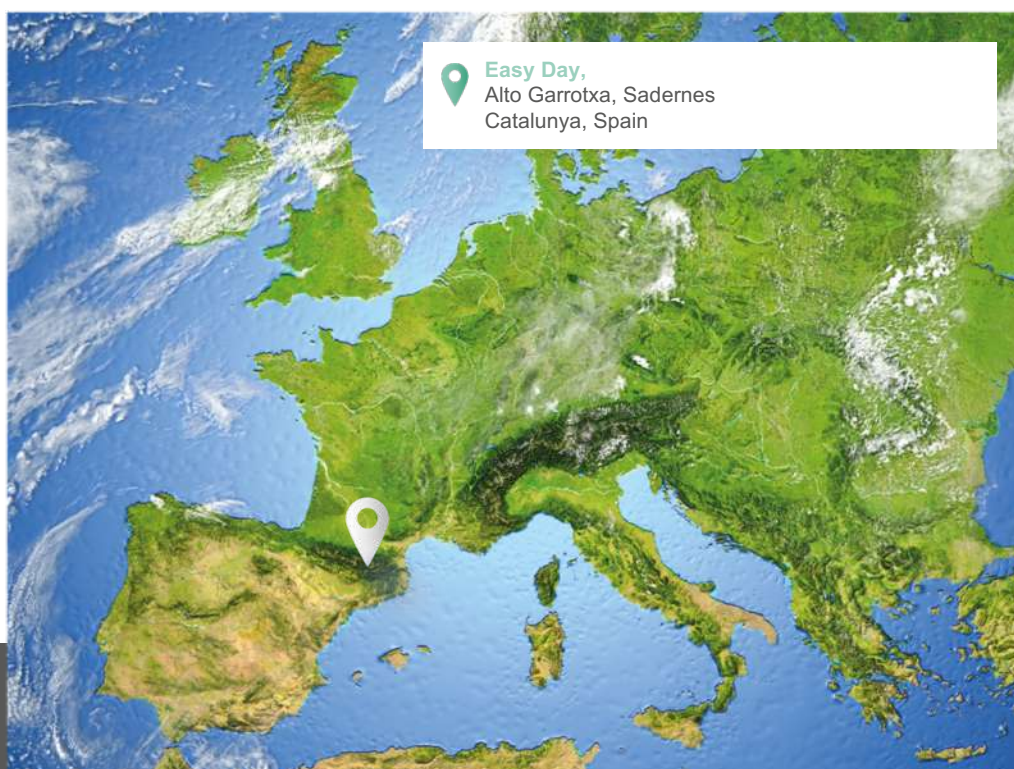
LEARNING OBJECTIVES

- 01** Stabilization, treatment and evacuation guidelines for patients in backcountry environments
- 02** Accident scene management, group leadership
- 03** Basic life support & automated external defibrillator
- 04** Practical skills: lifting, moving and extrication; spine stabilization and litter packaging; wound cleaning and exploration
- 05** Environmental topics: exposure control; bites and stings; altitude illness; cold injuries; thermoregulation; lightning; near drowning
- 06** Musculoskeletal systems: spine injury assessment; musculoskeletal injuries; extremity splinting; dislocations
- 07** Medical presentations; infectious diseases, asthma, diabetic emergencies, atherosclerosis, angina, heart attack, & stroke, allergies and anaphylaxis
- 08** Evacuation procedures, helicopter safety, search and rescue, and working with emergency medical services, rope and rescue
- 09** Wilderness medicine & medical kits





WHERE?



COURSE DETAILS



Language of course:
English



Minimum requirements:
Physically in shape, level B2 of
English



**Minimum/maximum of
participants:**
6/12



Online preparation:
1 online preparational session
14 days prior to departure



Inscription deadline:
1 of September 2022



Total Training Time:
1 hour online/50 hours presential



COURSE STRUCTURE

DAY **1** Cardiopulmonary resuscitation in hostile environments and use of semi-automatic defibrillator.



DAY **2** Medical pathologies in remote environments. Respiratory problems, chest pain, syncope, allergy, traveler's pathology, bites, stings.



DAY **3** Traumatic pathology in remote environments. Traumatic brain injury, chest trauma, abdomen trauma, nailed objects, wounds, fractures, dislocations and sprains, mobilizations and immobilizations, basic suture.



DAY **4-5** Rescue and survival practices in a real situation of assistance and transfers of a victim in a hostile environment.



Course fee:
€765 per person

Services included:

- Accommodation (tents)
- All meals during the course
- Training manual
- EWES Instructors
- Accident insurance
- Official certification

Excluded:

- Personal equipment
- Transport to destination



THE WILDERNESS GUIDE LEVEL 1 CERTIFICATION

In order to obtain a WGA certification through EWES, the WAGA certificate is a valid certification as part of the Wilderness Guide Level 1 course. After a 28 practical period you will be able to opt for the official WGA certification. For more information, please visit the website:

www.wildernessguideassociation.com



MEET THE INSTRUCTORS...

Jaime Barreiro



WHAT DEFINES ME...

Calm, Curious, nature lover, hardworking, innovative, loyal

WHAT I LOVE IN LIFE IS...

Feel alive, permaculture, nature, learn and teach

IN THE EWES TRAININGS I SERVE STUDENTS...

To stay alive, prevent and treat injuries and illnesses, and get to know your body. I also train them to do all that as a team with the Crisis Resource Management methodology and simulations in the natural environment. Prehospital emergency nurse in SEM, Professor in University of Barcelona in Critical Care and Emergencies Master degree, Advanced Facilitator EUSIM.

Josetxu Estebanez



WHAT DEFINES ME...

Positive, friendly, detailed, secure, experience

WHAT I LOVE IN LIFE IS...

Sea, mountains, healthy food, Wilderness, take care of the planet, animals...

IN THE EWES TRAININGS I SERVE STUDENTS...

Capacitation of skills with a twist of humor. AEGM High Mountain Sports Technician, AEGM Canyoning guide, R3 Instructor Water&Rope, Dive Instructor Tec & Trimix, Mountain Rescue Specialist of the Spanish Civil Guard

Miguel Fernandez Santana



WHAT DEFINES ME...

Curious, listener, close person, friendly...

WHAT I LOVE IN LIFE IS...

Grow, be surrounded by people, help others, sports...

IN THE EWES TRAININGS I SERVE STUDENTS...

How to deal with the dangers for our health in the wilderness in a team approach. Understanding the principles of human functions is possible to take important decisions as a first responder. Take care of clients with medical conditions making safer the expeditions. Giving my experience at a prehospital and hospital emergency care.



WE ARE

Creating experiences of
Being and learning in
nature

We believe all life on earth is connected. **We are one. . . we are nature.**

We are **co-creating** a world in which all beings are connected to everyone and everything.

We do this by creating experiences of **being and learning** in nature and inspiring to lead and live from that wisdom.

The experience of our guides and experts allow us to explore to the edge within a **caring and empowering environment** and the best safety standards framework.

After fifteen years **learning, growing and evolving EWES** has transformed into an intentional community of purpose driven, committed, passionate individuals who thrive in the knowledge, a continuous pursuit for genuine growth and evolution targeting **health, awareness**, and most of all joy for life.

Dare to join us on that wonderful journey. . .



Association EWES is an trainings institute certified by the Wilderness Guides Association (WGA) and accredited by the Institute of Profesional Education of La Pobla de Segur in Catalunya.



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