



The American Red Cross of Central Oklahoma

# Red Cross –Wilderness and Remote First Aid

## New Updated Version



**Purpose:** Learn skills needed to respond to an emergency respond to a situation that is more than 1 hour from EMS.

**Date:** May 1st & 2nd, 2010– 8:30am to 4:30pm

**Place:** American Red Cross OKC  
601 NE 6th Street ( SE of NE 8<sup>th</sup> and Lincoln)

### Wilderness and Remote First Aid Topics:

- Head (Brain), Neck and Spinal Injuries
- Wounds and Wound Infection
- Hypothermia • Heat-Related Emergencies • Allergies and Anaphylaxis
- Altitude-Related Illnesses • Bone and Joint Injuries • Burns, and more...

**Cost per person:** \$35.00 Includes class books and patch.

**Class size:** 20

**Minimum Age:** Must be at least 14 years of age.

**To register :** Call the American Red Cross office at (405) 228-9500 or online @ [www.okc.redcross.org/shopping/start.php](http://www.okc.redcross.org/shopping/start.php)

**To Bring:**

1. You will need to wear comfortable clothes that you don't mind getting dirty, since we will likely be doing scenarios outdoors.
2. You may need raingear
3. Bring lunch , and water bottle
4. Bring a backpack or duffel with gear you would use on your Wilderness activity; such as backpacking, rock climbing, kayaking, or canoeing.