



Marine Wilderness First Responder

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Trainer

Signature

Horten, NOR

Location

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Date



Medical Legal Considerations
Patient Assessment
Drowning
Hypothermia
Hyperthermia
Cold Shock, Immersion Syndrome
Cardiopulmonary Resuscitation (CPR)
Resuscitation in the Wilderness
Defibrillator Use
Life Signs: Pulse, Breathing, Consciousness Levels, Colour
Hydration / Fluid Balance
Marine Envenomations / Skin Problems
Major and Minor Trauma (Head, Chest, Abdominal Injuries)
Broken Bones
Musculoskeletal Injuries
Assisting Doctors with Dislocations
Using Medicine under the Direction of a Doctor
Spinal Injuries
Wound Management / Soft Tissue Injuries / Burns
Infections
Wilderness Medical Kits
Shock / Anaphylaxis
Lightning Injuries / Resuscitation
Improvised Techniques for Managing Trauma
Medical Emergencies
Long-Term Care of Casualties
Psychological First Aid / Lost Person Behaviour
Evacuation Guidelines
Major Emergency Management
Communication with Medical Professionals
Leadership in Crisis Situations

Subject List

MWFR