

SOLO Wilderness First Aid & CPR

WFA: Saturday May 20th — Sunday May 21st

8:00 AM—4:30 PM

Castine Town Office

\$150.00, includes: Book, Pocket Guide & 2 Year Certification

CPR: Saturday May 20th

4:30—6:30PM

Castine Town Office

\$35.00 (\$45.00 if you chose to keep the book)



Topics Include:

- Response & Assessment
- Medical Emergencies & Critical Care
- Musculoskeletal Emergencies
- Back Country Essentials
- Environmental Emergencies & Survival Skills
- Heat & Cold Related Emergencies
- Fracture Care
- Soft Tissue Injuries
- Spinal Cord Management
- Patient Moving & Lifting

For more information contact: Nancy Zane

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Instructor: Nancy Zane, Wilderness EMT, Maine Guide, EMS Instructor Waldo County Technical Center