



Winter Wilderness First Aid for Nurses and EMTs

Friday and Saturday, January 20 – 21, 2023

Dartmouth Hitchcock Medical Center
Boston Lot
Lebanon, NH

To participate in this learning activity, you must view all of the pre-course videos and slides listed. The videos take about 1 hour to view in full. Please ensure that you watch them, or you will not be prepared for this course.

1. Wilderness First Aid Patient Assessment (7:18)
 - <https://youtu.be/9fy8jn0-0zc>
2. How to use a SAM Splint (Forearm) (7:54 minutes)
 - <https://www.youtube.com/watch?v=3nMS3HkV7sM>
3. Splinting Shoulder (2:53 minutes)
 - <https://www.youtube.com/watch?v=gtdNhlEghvQ>
4. Splinting Clavicle (3:06 minutes)
 - <https://www.youtube.com/watch?v=iO2eBvy5gSo>
5. Splinting Lower leg splint (2:32 minutes)
 - <https://www.youtube.com/watch?v=iY5AxRkZOok>
6. Pelvic Wrap (1:19 minutes)
 - <https://www.youtube.com/watch?v=wyLGa0nkBxA>
7. Hypothermic Wrap Demonstration - (3:45 minutes)
 - <https://www.youtube.com/watch?v=DVYydzin79c>
8. C spine & wraps 1 & 2 person log roll (2:53 minutes)
 - <https://www.youtube.com/watch?v=TJa9lvUUQdk>
9. Making rope litter (3:55 minutes)
 - <https://youtu.be/f1PYnel1q14>
10. Litter carry - 2 person carry (1:00 minute)
 - <https://www.youtube.com/watch?v=YD2kuEzDznl>
11. Litter carry - Group (4:14 minutes)
 - <https://www.youtube.com/watch?v=JnJtY6D2s3w>
12. Compass and Map – Terms (2:54 minutes)
 - <https://www.youtube.com/watch?v=6mTISEANFFY>
13. Winter Survival – 15 Minute Shelter (5:37)
 - <https://youtu.be/tf-PKoR6IR8>
14. Caught in a Snow Storm – Winter Survival Bushcraft Shelter in Heavy Snow, Bushcraft Trip (14:53)
 - <https://youtu.be/0Q-WmmNR2Uc>