



AORSI Instructor Guide

Course Title: First Aid & Emergency Response (FAID)

Duration: 8 Hours (hands-on certification recommended)

Audience: Off-road operators, instructors, and group leaders

Course Overview

Students learn basic first aid and emergency response tailored to off-road environments where professional medical help may be delayed. This course equips operators with the skills to stabilize patients, manage emergencies, and prepare for evacuations until advanced care arrives.

Learning Objectives (Instructor Notes)

- Provide immediate care for common off-road injuries. (Tip: Use real-world case studies).
- Perform CPR and use an AED in emergencies. (Tip: Align with Red Cross/AHA standards).
- Safely manage incidents until professional help arrives. (Tip: Simulate group scenarios).
- Create and carry an effective off-road first aid kit. (Tip: Show contents of a sample kit).

Module 1: Off-Road Medical Risks (Rollovers, Crush Injuries, Burns, Bites) (2 hours)

- Teach common medical risks unique to off-roading.
- Course Design Suggestion: Use mannequins/props for injury simulation.
- Exercise: Identify three common injury scenarios and first aid priorities.
- Reflection: Why is rapid assessment critical in delayed response environments?

Module 2: First Aid Basics: Wounds, Fractures, Shock (2 hours)

- Cover wound cleaning, bandaging, splinting, and recognizing shock.
- Course Design Suggestion: Run skill stations for hands-on practice.
- Exercise: Demonstrate splinting using improvised trail materials.
- Reflection: How does recognizing early shock change patient outcomes?

Module 3: CPR, AED, and Life-Saving Skills (2 hours)

- Teach CPR technique, AED use, and national standards.
- Course Design Suggestion: CPR mannequins and AED trainers for practice.
- Exercise: Perform two minutes of CPR while switching rescuers.
- Reflection: Why is AED use a critical link in survival chain?

Module 4: Wilderness Emergency Protocols & Evacuation Planning (2 hours)

- Teach stabilization, signaling, satellite comms, and evacuation plans.
- Course Design Suggestion: Mock evacuation drills from trail to extraction point.
- Exercise: Create group leader emergency checklist.
- Reflection: What factors guide decision to move patient vs waiting for rescue?

Final Assessment

Task: Students complete practical skills check (wound care, splinting, CPR, AED). Additionally, complete written test with scenario-based questions assessing decision-making in off-road emergencies.

Instructor Preparation Checklist

- Prepare mannequins, props, and first aid kits for practice.
- Set up skill stations for splinting, wound care, CPR, AED.
- Develop mock scenarios for group emergency drills.
- Provide templates for evacuation planning checklists.

Suggested Timing

- Introduction – 15 min
- Module 1 – 120 min
- Module 2 – 120 min
- Module 3 – 120 min
- Module 4 – 120 min
- Final Assessment – 45 min
- Wrap-up & Questions – 15 min