



# WILDERNESS FIRST AID



Heart of Tennessee Chapter  
836 Commercial Court  
Murfreesboro, TN 37129  
[www.midtnredcross.org](http://www.midtnredcross.org)

News Release  
NEWS RELEASE

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## Red Cross to Offer Wilderness First Aid Course

**[MURFREESBORO], Tenn., September 29, 2009**— The Heart of Tennessee Chapter is now offering a course for Wilderness First Aid Basics. This is a 15-hour program that is designed for those who work, live, or play in remote areas such as rural areas, wilderness and back-country environments. This course contains the module “When Help is Delayed” and provides an excellent program for boaters, camp workers, scouts, hikers and other outdoor sports enthusiasts.

The course is \$50 per person and prerequisites include that participant(s) must be able to hike short distances to remote sites and simulate rescues. What to bring: Hiking materials; boots; indoor/outdoor clothing; notebook and pencils; first aid kit; snacks and beverages. Certificates: Wilderness First Aid and When Help is Delayed Length. All participants must be at least 15 years old. The entire course is approximately 15 hours long and will be taught over 2 days.

The next available course will be held on Saturday and Sunday, October 17<sup>th</sup> -18<sup>th</sup> from 9am-5pm at the Red Cross office located at 836 Commercial Court. Participants can register and pay online at [www.midtnredcross.org](http://www.midtnredcross.org). Click on the link for Health & Safety Classes. Call 615.893.4272 ext. 102 for more information or to register and pay by phone.

*The Heart of Tennessee Chapter of the American Red Cross provides vital emergency assistance to help victims of local disasters in Rutherford, Bedford, Cannon, Franklin, Coffee & Moore counties. Over the past year the Chapter trained nearly 15,000 people in CPR & First Aid, Babysitting and Aquatics training, and provided pre-deployment briefings and emergency communications for over 640 active duty military personnel and their families. Over 13,177 pints of life-saving blood were collected from the community last year. All of these services are made possible by over 320 dedicated local Red Cross volunteers as well as through generous gifts from the local community. To get more information please call (615) 893-4272 or log on to [www.midtnredcross.org](http://www.midtnredcross.org).*

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