



# West Virginia Emergency Management Division Wilderness First Aid

**Location:** Upshur County Recreation Park, 308 B-U Drive, Buckhannon, WV 26201

**Instructors:** Bob Ruzewski, Donna Ruzewski

**Course Dates:** September 15, 17, 2026 ZOOM on line portion class - 6pm to 10pm

In person portion - September 19, 2026 in person class - 8:00am to 4:00pm

**Course Description:** Wilderness First Aid (WFA) is a 16-hour course designed to equip participants with the knowledge and skills necessary to effectively respond to medical emergencies and injuries in remote and outdoor settings. Students will learn how to assess, treat, and manage common injuries and illnesses that may occur in wilderness environments, where access to medical help is limited or delayed. This course emphasizes hands-on training, scenario-based learning, and practical application of first aid principles in challenging outdoor conditions.

**Students will need to contact the instructor for on line portion of the class at: [bob@ruzewski.com](mailto:bob@ruzewski.com)**

**Students will need to register through [www.wvpst.org](http://www.wvpst.org) for this class**  
**Go to Martinsburg website calendar, find class needed and click on class to register.**

Please contact **Steven Harris** with questions about registration at  
**304-596-2652** or Email: [steven.harris@k12.wv.us](mailto:steven.harris@k12.wv.us)

If you have questions, please contact **Jeff Cunningham**, SAR Training Officer at  
**304-414-7682** or **304-941-6025** or Email: [jeff.o.cunningham@wv.gov](mailto:jeff.o.cunningham@wv.gov)