

Household Emergency Preparedness Manual

Addendum C: Medical Care

Learning Path Reference

Northern Utah / Wasatch Front Edition

Every course, certification, and organization referenced across all four stages of this addendum, gathered into one reference card. See the full addendum for the reasoning and context behind each resource.

Stage 1: Foundations (Awareness)

Resource	Cost / Format	Notes
START Triage overview (various EMS training sites)	Free, online	Search “START triage algorithm”; multiple state EMS agencies publish the same standardized one-page reference.
Where There Is No Doctor (Hesperian Health Guides)	Free PDF, or ~\$30 print	hesperian.org. The standard lay-accessible medical reference already cited in Chapter 3; read the basic first aid chapters first.

Stage 2: Applied Practice (Competent)

Resource	Cost / Format	Notes
American Red Cross First Aid/CPR/AED course	\$50–\$110 depending on format	redcross.org/local/utah. In-person, blended, or online formats; 2-year certification.
Red Cross BLS (Basic Life Support) course	For anyone wanting the professional-grade version	redcross.org. Slightly more rigorous than standard CPR/AED, standard for healthcare workers; optional but worth it for a household's designated medical lead.
A stocked, tested first aid kit	\$50–\$150 depending on scope	Practice actually using what's in your kit (not just owning it); a kit you've never opened under pressure is a kit with unknown gaps.

Stage 3: Self-Sufficiency (Proficient)

Resource	Cost / Format	Notes
NOLS Wilderness First Responder (WFR)	~\$1,000–\$1,300, 8–10 days or hybrid	nols.edu. Check University of Utah Emergency Programs (health.utah.edu/health-kinesiology/uuecp) for on-campus course hosting.
School of Natural Healing / HomeGrown Herbalist / The Green Arte	Course fees vary; some offer Utah/Idaho mountain herb walks	Utah-connected herbalism programs pairing plant identification with hands-on harvesting; verify current offerings directly since schedules change.
Where There Is No Doctor / Where There Is No Dentist (full study, not just reference)	Free PDF or ~\$30–\$45 print each	hesperian.org. By Stage 3, read cover to cover rather than as a reference lookup.

Stage 4: Mastery & Teaching (Expert)

Resource	Cost / Format	Notes
CERT (Community Emergency Response Team)	Free	Search “[your city] CERT training”; Salt Lake City, South Salt Lake, West Valley City, and most Wasatch Front cities run their own free programs through local fire departments.
Utah EMT certification	Course fees vary by provider (\$800–\$1,500+)	emslcense.utah.gov lists current approved course providers statewide.
American Herbalists Guild (AHG) registration	Membership/registration fee	americanherbalistsguild.com. Voluntary professional registry that adds credibility once you've built real herbal medicine competency.