The Core requirements for EWSC/ COTS+ are:

1. 22 hours of Online/Self-Paced Trauma Training Lectures to include:
   - War Wounds
   - Blast Trauma and Dismounted Complex Blast Injury
   - Abdominal Urologic Gynecology Trauma
   - Vascular Trauma
   - Thoracic Trauma
   - Transfusion Medicine for Combat Trauma
   - REBOA
   - Traumatic Brain Injuries
   - Face and Neck Injuries
   - Eye Trauma
   - Field Critical Care
   - Amputations and Soft Tissue Injuries
   - Extremity Fracture Management
   - Pelvic Fracture Management
   - Field Critical Care
   - EnRoute Care
   - Burn Injuries
   - Mass Casualty and Triage
   - Pediatric Trauma
   - Military Health Systems
   - Tactical Casualty Combat Care
   - Prolonged Field Care

2. 16 hours of Human Cadaver Lab to include training in the following areas:
   - **Neck and Upper Extremity**
     - Subclavian Artery above Clavicle Exposure
     - Axillary Artery Exposure
     - Brachial Artery Exposure
     - Radial/Ulnar Artery Exposure
     - Upper Extremity Fasciotomy (Forearm, Arm)
   - **Lower Extremities and Pelvis**
     - Femoral Artery Exposure
     - Exposure/Shunting SFA Injury/Fogarty
     - Popliteal Artery Exposure
     - Fasciotomy Lower Leg/Wound Vac
     - Fasciotomy Thigh
     - Gluteal Fasciotomy
   - **Rotational Flaps**
     - Gastroc Flap
     - Soleus Flap
     - Reverse Sural Flap
     - Radial Forearm Flap
   - **Proximal Control and Escharotomy**
     - "Hockey Stick" Exposure of Iliacs
     - Control Iliacs in Abdomen
     - Pelvic Packing
     - Escharotomy
- **Upper Extremity and Pelvic External Fixation**
  - External Fixation of Humerus
  - Elbow Spanning External Fixation
  - External Fixation of Forearm
  - External Fixation of the Pelvis (Iliac Crest Technique)
- **Lower Extremity and Pelvic External Fixation**
  - External Fixation of Femoral Shaft
  - External Fixation of Tibial Shaft
  - Knee Spanning External Fixation
  - Ankle Spanning External Fixation (Delta Frame)
- **Upper Extremity Amputation and Debridement**
  - Below the Elbow Amputation
  - Above the Elbow Amputation
  - Debridement of Open Tib/Fib Fracture
- **Lower Extremity Amputation**
  - Below the Knee Amputation
  - Above the Knee Amputation