



## Read Book Wilderness And Remote First Aid Pocket Guide Redcross

wilderness first aid and medicine - that is, managing accident or illness in remote locations without immediate access to help - giving you confidence in your ability to deal with any situation that may arise. All topics are clearly referenced and easy to find, with chapters covering preparation, prevention, accident protocol, diagnosis, treatment and evacuation. From life-threatening emergencies to broken bones and sprains, infectious diseases, food poisoning, envenomation and respiratory problems, the book sets out all the crucial protocol and procedures to follow. It covers a wide range of different environments, including high altitude, desert, polar, tropical and marine, dealing with risk management and a variety of different scenarios. Now in its twelfth edition (the third for Cicerone), Pocket First Aid and Wilderness Medicine is an indispensable companion for all outdoor activities and wilderness expeditions. Wilderness and Rescue Medicine covers the requisite topics from altitude illness to SCUBA and snakebites to frostbite, but the text's most important features are the general principles that tie the content together. The text highlights the skills and insight needed to think critically and exercise reasonable judgment at any level of medical training. Now in its sixth edition, Wilderness and Rescue Medicine reflects the collaborative wisdom of hundreds of instructors, rescue personnel, and medical practitioners combine with the latest updates in field medicine. The content will be useful to all medical personnel, but is aimed at the Wilderness First Responder and the Wilderness Emergency Medical Technician.



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behavior.

[CLICK HERE](#) to download the section from Wilderness & Travel Medicine on "Chest & Abdominal Injuries" \* Author is a nationally recognized expert in wilderness medicine \* Covers both illnesses and injuries \* Includes improvised techniques for when medical supplies aren't on hand \* Every section has been updated and new illustrations added to this edition First published in 1992, Wilderness & Travel Medicine has been a staple of the emergency first-aid kits sold worldwide by Adventure Medical Kits. With this fourth edition, Mountaineers Books and Adventure Medical Kits have partnered to release an updated, standalone reference for anyone who ventures away from civilization. Topics covered include everything from CPR, shock, and fractures to head, eye, and dental injuries, poisonous reactions, frostbite, hypothermia, heat illness, and much, much more. Throughout the text, sidebars provide useful and improvised techniques for specific injuries. In addition, there is "When to Worry" advice explaining how to tell if an injury is advancing in severity, despite attempts to arrest or slow down dangerous symptoms.

This conveniently sized guide is an invaluable point of reference for all who travel and take part in outdoor, wilderness and mountain activities. Written by doctors with a wealth of wilderness specific experience, it provides a comprehensive

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summary of wilderness first aid and medicine - that is, managing accident or illness in remote locations without immediate access to help - giving you confidence in your ability to deal with any situation that may arise. All topics are clearly referenced and easy to find, with chapters covering preparation, prevention, accident protocol, diagnosis, treatment and evacuation. From life-threatening emergencies to broken bones and sprains, infectious diseases, food poisoning, envenomation and respiratory problems, the book sets out all the crucial protocol and procedures to follow. It covers a wide range of different environments, including high altitude, desert, polar, tropical and marine, dealing with risk management and a variety of different scenarios. In addition, suggestions for first-aid kits and lists of medications and antibiotics (with dosage) can be found in the appendices.

The first teaching manual ever for the "Wilderness First Responder" course, this title represents the cutting edge in medical training for wilderness rescue and self care. The schools affiliated with Tilton's program include the Wilderness Medicine Institute, a subsidiary of NOLS, and SOLO.

Wilderness First Aid: Emergency Care in Remote Locations, Fourth Edition provides information on how to handle common injuries and illnesses when medical care is an hour away or more. Designed for those who work or travel in

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remote locations, this comprehensive guide will teach you what to look for and what to do in the event of an emergency, and direct you to the most appropriate type of care. Completely revised, the Fourth Edition contains updated information on first aid training and meets the 2010 cardiopulmonary resuscitation (CPR) and emergency cardiovascular care (ECC) guidelines. The text also includes:

- Expanded information on heat and cold emergencies
- Updated guidelines for managing snake bite emergencies
- New information on managing diabetic emergencies
- Skill sheets providing step-by-step visual reviews of procedures discussed
- Flow charts reinforcing the decision-making process and appropriate procedures
- Decision tables provide a concise summary of what signs first aiders should look for and what treatment steps they should take
- Outstanding photography and illustrations"

Wilderness First Aid DVD displays real-life situations and detailed steps of care for a variety of acute illnesses and injuries that can occur in a wilderness or remote environment.

In Scouting's Guide to First Aid, current Scouts, Scout alumni, and readers interested in the outdoors are provided with time-tested advice on how to safely identify, harvest, and use edible wild plants. Some practical tips include: How to triage, assess, and identify medical emergencies What to include in a first aid kit

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for your home When to seek help for health emergencies How to safely move a sick or injured person How to perform CPR and use an automatic external defibrillator What the proper procedures are for broken bones, hypothermia, burns, and sprains And so much more! Since 1910, the Boy Scouts of America has helped build the future leaders of this country by combining educational activities and lifelong values with fun. The BSA is committed to training youth in responsible citizenship, character development, and self-reliance through participation in a wide range of outdoor activities.

Canada's magazine for physical and health educators.

When you are faced with an injury or sudden illness in a remote location it is essential to know what to look for and what to do. Wilderness First Aid: Emergency Care for Remote Locations is your comprehensive guide. This indispensable book provides instant, up-to-date information on how to handle common injuries and illnesses when medical care is an hour or more away. Easy to follow, Wilderness First Aid directs you through the most appropriate type of care. Features of the book include full color photographs and illustrations help prepare you for actual emergencies; flow-charts serve as quick review of appropriate first aid procedures; prevention boxes provide information on how to avert injuries and illnesses; Do Not boxes highlight what not to do when treating

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illness and injury; pediatric notes provide specific information on the treatment of infants and children; and advanced skills are boxed and easily located. This is the official collaboration between the Wilderness Medical Society, the largest membership society in the world devoted to wilderness medical issues, and the National Safety Council, the world's leading authority on safety/injury education. Published in cooperation with the Wilderness Medical Society, this text is the definitive and essential wilderness first aid book. Ideal for use in the field and in class, this text tells how to ident

"It takes thousands of hours of sailing to get the kind of knowledge contained in this book." -- from the Foreword by Bruce Schwab The ONLY bible for how to sail your boat fast, safe, and alone Solo sailing is within any sailor's grasp with a little forethought--and this essential guide. Got a 35-foot sailboat? No problem. Is the wind blowing 20 knots? No problem. Are you racing offshore overnight? Even better. Singlehander Andrew Evans learned the hard way how to sail and race alone--with lots of mishaps, including broaches and a near tumbling over a waterfall--and in Singlehanded Sailing he shares the techniques, tips, and tactics he has developed to make his solo sailing adventures safe and enriching. Learn everything you need to know to meet any solo challenge, including: Managing the power consumption aboard a boat to feed the electric autopilot Setting and gybing a spinnaker Finding time to sleep

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### Dealing with heavy weather

This book is split into two sections, the first telling the stories of the expeditions of Alexander Mackenzie, Zebulon Pike, Lewis and Clark, John Wesley Powell, and more. The second part tells how they dealt with travel issues.

This beautifully illustrated guide highlights the most familiar species of medicinally relevant, widespread trees, shrubs and wildflowers. Laminated for durability, this one ounce pocket guide provides simplified, essential information for hikers and campers of all ages on how to treat common backcountry maladies with wild plants. Ideal for field use by experts and novices alike.

It is critical for backcountry travelers to have the ability to handle dangerous situations when they occur. This includes a logical, commonsense approach to injury and illness that takes into account the unique aspects of the wilderness setting. This comprehensive reference book, based on the Wilderness Medical Associates curriculum, clearly explains essential diagnostics and first aid procedures necessary for wilderness injuries, including general principles in wilderness medicine; basic life support; medical supplies; wilderness travel; and the newest first aid methods for outdoor situations. It is an essential reference for anyone headed into the great outdoors.

"American Academy of Orthopaedic Surgeons."

Wilderness First Aid: Emergency Care for Remote Locations, Third Edition provides

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information on how to handle common injuries and illnesses when medical care is an hour away or more. Designed for those who work or travel in remote locations, this comprehensive guide will teach you what to look for and what to do in the event of an emergency, and direct you to the most appropriate type of care. Completely revised, the Third Edition contains updated information on first aid training and complies with the 2005 cardiopulmonary resuscitation (CPR) and emergency cardiovascular care (ECC) guidelines.

Basic and in depth information on the recognition, treatment and management of common injuries and illness that may occur in the wilderness.

This manual is developed for use within advanced first aid, CPR, and AED training courses offered through the Emergency Care & Safety Institute. Based on the 2010 International Consensus Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiac Care (ECC), Advanced First Aid, CPR, and AED, Sixth Edition is ideal for use within college-level courses designed to certify individuals in first aid, CPR, and AED. More than a stand-alone text, this student manual is the center of an integrated teaching and learning system that offers many resources to better support instructors and prepare students. This manual includes: Coverage of the 2010 CPR and ECC Guidelines: Clear, concise direction on how to perform CPR and use an AED during an emergency. Current information on injuries and illnesses: Core information for first aiders presented in a clear and straightforward format. Skill Drills: Offer step-by-

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step explanations and visual summaries of important skills. Emergency Care Wrap-Up Tables: Provide a concise summary of what signs first aiders should look for and what treatment steps they should take. About the Emergency Care & Safety Institute The Emergency Care & Safety Institute (ECSI) is an internationally renowned organization that provides training and certifications that meet job-related requirements as defined by regulatory authorities such as OSHA, The Joint Commission, and state offices of EMS, Education, Transportation, and Health. ECSI's courses are delivered throughout a range of industries and markets worldwide, including colleges and universities, business and industry, government, public safety agencies, hospitals, private training companies, and secondary school systems. ECSI offers world-class training solutions in the areas of: Advanced Cardiac Life Support Automated External Defibrillation Babysitter Safety Bloodborne and Airborne Pathogens CPR (Layperson and Health Care levels) Driver Safety Emergency Medical Responder (formerly known as First Responder) First Aid (Standard, Advanced, Pediatric, Wilderness, and other levels) Oxygen Administration

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