



## Outdoor Medical Emergency Handbook: First Aid for Travellers, Backpackers, Adventurers

By Dr , Dr Campbell MacKenzie

FIREFLY BOOKS LTD, Canada, 2016. Paperback. Book Condition: New. 2nd Revised edition. 229 x 127 mm. Language: English . Brand New Book. The essential guide to emergency medical procedures away from home. The Outdoor Medical Emergency Handbook provides easy-to-follow advice on how to prevent, treat and care for illnesses and injuries while outdoors or travelling. Using accurate drawings and a step-by-step format, the authors describe how to effectively assess a situation and what actions to take. The book covers: \* Planning and pre-departure tasks, expeditions with children, examining a casualty, medical kit design; \* Resuscitation ABCs, loss of consciousness, heart attack, diabetic emergencies, choking; \* High altitude sickness, hypothermia, dehydration, animals and insects, drowning; \* Wounds and bleeding, neck and spinal injuries, abdominal injuries, fractures, treating pain; \* Neurological and psychological disorders, infectious diseases, overdoses, poisoning; \* Emergency chest decompression, injections. With its at-a-glance design, pack-ready format and waterproof cover, the Outdoor Medical Emergency Handbook is essential equipment for anyone travelling, whether camping with the family or making a solo assault on the Himalayas.

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### Reviews

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