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'Sport First Aid' presents the most clear and up-to-date first aid procedures for coaches to use in responding to athletes' injuries. The description of every injury includes a brief definition, causes, symptoms, signs, first aid protocols for the coach to follow and tips on how to prevent the injury. Caregivers and teachers need to know what to do when a child is injured or becomes suddenly ill. Most injuries that require first aid care are not life-threatening. However, first aid can sometimes mean the difference between life and death. This course is designed to give caregivers and teachers the education they need to effectively care for children. The Wilderness First Aid Handbook is a handy, quick-reference guide easily accessible with basic wilderness first aid knowledge, but it does not require advanced degrees or experience with medicine and prehospital care. Recognizing that certain knowledge and procedures are outside the scope of a layperson's training, Dr. Grant Lipman limits the use of technical terms and advanced techniques that may be unfamiliar to some readers or beyond their comfort zone. This system-based, easy-to-follow guide assists the first aid provider when encountering most wilderness emergencies, from cold and heat concerns and blister treatments to high altitude illness and lightning injury prevention—and much more. Typically the most challenging decision in the wilderness environment is when to evacuate a sick or potentially sick person, and as such, each section has detailed decision-making steps to inform you of when to be concerned and when to get out. This guidance is based upon the recent evidence-based consensus statement published by the Wilderness Medical Society on the scope of practice of wilderness first aid. Filled with original, full-color artwork illustrating the techniques and procedures described and with internal-spiral binding and waterproof pages handy for travel into extreme environments, The Wilderness First Aid Handbook is a must-have for every back pocket or backpack. Life is both wonderful and devastating. It graces us with joy, and it breaks our hearts. If your heart is broken, this book is for you. Whether you're struggling with a death, break-up, illness, unwanted life change, or loss of any kind, this book will help you both understand your predicament and figure out what to do about it. Loss may be an unavoidable part of human life, but it doesn't have to prevent you from living well. You can and will survive this. Actually, if you adopt this guide's basic principles, revealed and tested by one of the world's most beloved grief counselors, you will even go on to thrive. Let's get mending. Essential first aid information for every parent or caregiver from the American Academy of Pediatrics, the international authority on child health and well-being. The ability to provide basic care for an injured or ill child is a fundamental skill set that every parent or guardian should have. In most cases, situations that require first aid are not life threatening and can be managed with simple, commonsense procedures; the key for parents and other family members is have access to this information when they need it. Developed by experts at the American Academy of Pediatrics, First Aid for Families: A Parent's Guide to Safe and Healthy Kids provides immediate access to vital first aid information on a range of common childhood illnesses and emergencies. This essential home resource gives parents the confidence they need to provide timely and appropriate care. Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition. A concise guide to coping with any medical emergency?while at sea Accidents that happen aboard a boat occur miles from professional medical help. First Aid Companion is a life-saving guide for dealing with any onboard medical emergency?including drowning, hypothermia, head injuries, heatstroke, fractures, and burns. Offering clear, step-by-step treatments that anyone can follow, this practical guide will vastly improve any victim's chances of survival. Includes treatment for seasickness, immersion, external bleeding, chest pains, and seizures As vital as a first aid kit, this practical, splash-resistant guide will allow anyone onboard to take control of even the most serious medical emergency that occurs while at sea. Learn the essential skills of psychological first aid from the expert who created the Johns Hopkins RAPID PFA method. Psychological first aid, or PFA, is designed to mitigate the effects of acute stress and trauma and assist those in crisis to cope effectively with adversity. PFA is designed to be applied in emergencies, including disasters and terrorist attacks. In this essential guide, George S. Everly, Jr., developer of the Johns Hopkins RAPID PFA method, and Jeffrey M. Lating, his collaborator in its implementation, describe the principles and practices underpinning this psychological model in an easy-to-follow, prescriptive, and practical manner. They explain the history of PFA and persuasively demonstrate its powerful versatility. Mental health practitioners can apply PFA in all settings. It can also be used as a public-health tool to address mental health needs following critical incidents and as a means for building community resilience. Aimed at mental health practitioners, all first responders, and global health disaster teams such as Médecins Sans Frontières and the World Health Organization, The Johns Hopkins Guide to Psychological First Aid is the first book to thoroughly explain RAPID PFA. RAPID, a unique theoretically grounded and evidence-based PFA method, follows a set of easily understood principles. In each chapter, Everly and Lating provide a step-by-step approach and include a key point summary to emphasize essential elements. A unifying case exemplifies each phase of the RAPID PFA model in an ongoing dialogue that presents ideal PFA responses, examples of common mistakes, and various outcomes. In addition to their counseling experience in Kuwait after the Gulf War and in New York City after the September 11 attacks, the authors have traveled nationally and internationally to teach the RAPID PFA method in numerous public health, fire, police, military, and faith-based settings. Beneficial to those with little or no previous mental health training, this book is an essential tool for people who want to learn, to practice, or to retain their ability to use psychological first aid effectively. Herbal First Aid is a first aid manual which describes the treatment and management of first aid emergencies and other primary and secondary care with an emphasis on the application of herbal medicine. Awarded AJN Book of the Year Award 2012! From performing CPR on an adult, child, or infant to dealing with bleeding and shock, cuts and broken bones, heart attacks, emergency childbirth, poisoning, drowning, scuba diving mishaps, wilderness survival, and natural disasters such as tornadoes, wildfires, floods, and earthquakes...this portable, waterproof guide helps you quickly find the information you need to develop a plan of action for assessing and treating all kinds of first aid and survival emergencies. When an emergency strikes, knowing what to do is critical. That is why the ECSI First Aid, CPR and AED course is invaluable. First Aid, CPR, and AED Standard is the center of an integrated teaching an The UK's only fully authorised first aid guide, the book is used as the official training manual for the UK's leading first aid organisations' courses. It's available in ebook format. This bestselling guide covers all aspects of first aid, including first aid for babies and children. This new edition features guidance on first aid in pandemic conditions, what to do in a terrorist incident, the latest guidelines on resuscitation, and delivering first aid for a mental health crisis. Illustrations have been redrawn in the simplest, clearest style to focus on the vital information. Find out how to treat over 100 different conditions from splinters and sprained ankles to unresponsive casualties, and how to use essential equipment. Learn how to manage a situation safely and

how to assess a sick or injured person effectively. Step-by-step photography, all shot in-situ to reflect real-life issues, shows you what to do in any emergency. Easy-to-understand anatomy sections explain the risks involved with particular injuries or conditions and how and why first aid can help. Discover every life-saving technique you need to know with this essential reference. At head of title: AAOS American Academy of Orthopaedic Surgeons. The Health and Safety (First Aid) Regulations 1981 apply to workplaces in the UK, including those with less than five employees, and to the self-employed. Product 15-2849 The Wilderness First Aid Field Guide covers the basic medical procedures you need to prepare for in the event of an emergency while in an isolated area. Based on the latest first aid and CPR guidelines, it covers general emergency medical procedures as well as specific symptoms and accidents. This pocket sized, spiral bound, and water resistant field guide is an essential resource for anyone in a remote area. Well-organized and thorough, the Wilderness First Aid Field Guide also discusses preventative measures and responsible outdoor behavior. \* Meets the current standards of first aid care by the American Red Cross and the Wilderness Medical Society \* Updated figures and drawings that illustrate essential first aid skills \* Includes quick-reference boxes that summarize recognition and treatment of many first-aid problems This fifth edition gives you all the latest information on assessing and treating conditions you may encounter in the wild, from serious injuries such as dislocations and fractures to unexpected major illness to weather-related problems. With quick-reference checklists of symptoms and procedures, recommendations on first aid kits and equipment, and more, Mountaineering First Aid will prepare you for anything in the backcountry. A faculty member in Medical Education at the University of Washington, Jan Carline has been affiliated with the Mountaineering Oriented First Aid Program (MOFA) for over 15 years. Martha J. Lentz, Ph.D., R.N., is a faculty member of the University of Washington School of Nursing, and has been active in the MOFA program for over 20 years. Steven MacDonald, Ph.D, is an epidemiologist in the National Center for Environmental Health at the Federal Centers for Disease Control and Prevention, and has taught the MOFA course. Part of the The Mountaineers Outdoor Basics series! Created for beginning-to-intermediate enthusiasts, this series includes everything anyone would need to know about staying safe and having fun in the backcountry. 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 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. Community-Based Psychological First Aid: A Practical Guide to Helping Individuals and Communities during Difficult Times presents a practical method for helping those in need in difficult times. No advanced training in psychology is needed to use it. Injuries from disasters, terrorist events, and civil unrest are not just physical. These events also cause psychological trauma that can do lasting damage. Psychological First Aid (PFA) draws on human resilience and aims to reduce stress systems and help those affected recover. It is not professional psychotherapy, and those providing this kind of aid do not need a degree to help. Gerard Jacobs has developed this community-based method of delivering PFA over 20 years and has taught it in over 30 countries. Along with the easy-to-follow method, Jacobs includes examples of how this works in action in different situations, and presents scenarios to practice. Unique in its approach of community engagement to train community members to help each other, this guide is an excellent resource for local emergency managers to engage in whole community emergency management. Presents a proven method for helping to alleviate the mental health effects of disasters, terrorist attacks, civil unrest, and other community stressors Offers a community-based model developed and taught by an international expert for over 20 years, requiring no advanced training or education in psychology to use Provides techniques that are adaptable to individual communities or cultures Outlines practices for self-care while helping others to prevent burnout Includes case studies, scenarios, and key terms to help facilitate community training This fully updated new edition of First Aid at Sea provides an easy-to-access instant guide to emergency first aid for all seafarers: - Color coded thumb index of emergencies for quick reference - Concise descriptions of medical conditions - Prioritized list of treatments - Ringbinding and waterproofed pages to withstand use at sea "A highly practical on-board emergency tool written by doctors who sail" Yachting Monthly "Everything you'd expect, from the CPR ration you've forgotten... to cuts, injuries, poisoning and broken bones, is here" Classic Boat Ask any fire/rescue or EMS person and they will tell you: the key to emergency response is preparedness. First comes prevention; knowing how to stop emergencies before they happen. Yet if sudden injury or illness occurs, knowing what to do can make the difference between a mild emergency and a serious one, or even between life and death. When you don't know, panic usually results; now you're part of the problem. But don't fret; the information you need to be the first step in the solution - basic first aid and safety skills - is relatively simple and easy to learn. Easy to learn, yes, but if things go wrong, your learning suddenly makes all the difference. First Aid and Safety For Dummies gives you the tools you need to save a life. Whether it's performing CPR correctly or accident-proofing your home, this comprehensive guide shows you how to effectively prevent and respond to emergencies. In typical lively-yet-informative Dummies style, you'll find out about dealing with: Wounds Burns Poisoning Shock Bites and stings Choking And much more Thorough instructions detail each problem and its first aid; off-putting jargon is kept to a minimum and common sense to a maximum in considering not only the classic symptoms (for example, two hands on the throat for choking) but also the variations (what if that choking victim is you - and you're alone?) that crop up in real-world emergencies. Emphasizing practicality and ready-to-use knowledge, this book also covers: Creating a first-aid kit Safety for all areas of the home Special needs of children, the elderly, and the disabled A chapter on hazards of the high-tech workplace Sports injuries and accidents Herbal remedies CPR and artificial respiration Emergency rescue procedures Who to call and when Preparedness is peace of mind. With the knowledge you'll gain from First Aid and Safety For Dummies, you can rest assured that you've taken the most effective steps against accidents and mishaps. You can also be confident that if an emergency does occur, yours will be the calmer, cooler head, and cooler heads are the ones that prevail. Product 90-1074 Sports First Aid and Injury Prevention is a concise manual developed to help coaches and athletic trainers manage the common emergencies they will likely encounter while coaching their sport. Sports First Aid and Injury Prevention includes: coverage of the phases of injury and the injury prevention model; prevention tips for sports-related injuries common to specific sports; and follow-up management and prevention algorithms. Sports First Aid and Injury Prevention will help coaches and trainers prevent on-the-field injuries and prepare them to handle medical emergencies should the need arise. Is there an animal doctor in the house? Most likely, the answer is no. And when an accident or other emergency threatens your pet, every minute counts. Don't be unprepared! Open The First-Aid Companion for Dogs and Cats by Amy D. Shojai and learn: \* Basic first-aid techniques, such as cleaning a wound, making a splint, and performing CPR--step-by-step! \* Which over-the-counter human medications can help--or harm--your dog or cat \* What to keep in your pet's medicine chest (many essential items are probably in your house already!) \* How to quickly pinpoint what's wrong with your pet, using the First-Aid Symptom Finder Plus, you'll discover a comprehensive A-to-Z guide to more than 150 common--and not-so-common--injuries and conditions, including: \* Abscesses \* Bites from Animals \* Car Accidents \* Choking \* Gunshot Wounds \* Heatstroke \* Hot Spots \* Jellyfish Stings \* Poisoning \* Snakebites Each at-a-glance entry tells you when to call the vet, which supplies or medications you'll need, what immediate action you should take, and what you should do as follow-up care. By knowing what to do in an emergency and then acting quickly and confidently to take the proper steps, you could save your pet's life. The next time medical help is not quickly available, reach for The First-Aid Companion for Dogs and Cats. It's a pet owner's second best friend. The basis of adequate prepping is being prepared for both common and dire events that may occur under the worst of all possible circumstances. These circumstances might include the breakdown in normal emergency support services (such as calling 911), the lack of an ability to obtain additional supplies, and the probability that you will not be able to rely on anyone but members of your immediate group or yourself. Prepping requires forethought with regard to food, water supplies, power, and protection - all areas of significant technical preparation. Self-reliant medical care is no exception. This book provides the basis of prevention, identification, and long-term management of survivable medical conditions and can be performed with minimal training. It helps you identify sources of materials you will need and should stock-pile, it discusses storage issues, and directs you to sources for more complex procedures that require advanced concepts of field-expedient techniques used by trained medical persons such as surgeons, anesthesiologists, dentists, or midwives and obstetricians. Provides a directory of

first-aid and emergency procedures for cats and dogs, covering everything from identifying a problem and performing CPR to administering a pill and follow-up care. Rev. ed. of: First aid/CPR/AED for schools and the community. 3rd ed. c2006. Rev. ed. of: First aid and CPR essentials / Alton Thygerson. 5th ed. c2007. "The definitive source for wilderness first aid information"--Cover. Provides basic techniques of first aid for wounded birds. From minor cuts and burns, to heart attacks and strokes, this handy, take-anywhere guide gives you the knowledge and advice you need to recognize and respond to any medical emergency. Be prepared for any medical emergency and handle it safely and efficiently with The Complete First Aid Pocket Guide. Quickly identify signs and symptoms of a wide range of medical conditions and learn how to recognize the difference between a minor injury or illness, and those that are more serious with this essential handbook. Each section of The Complete First Aid Pocket Guide includes a quick list of signs and symptoms to look for and step-by-step first aid instructions for dealing with each situation, all in user-friendly, simple language that's easy to understand. Medical issues covered include: —First aid basics, including roles and responsibilities of a first aider, managing an incident, activating emergency services, and infection control —Lifesaving skills including the recovery position, cardiopulmonary resuscitation (CPR), and use of an automated external defibrillator (AED) —Minor injuries and conditions, including soft tissue injuries, splinters, blisters, eye injuries, nosebleed, diarrhea, and vomiting —Traumatic injuries including severe bleeding, amputation, shock, fractures, crush injuries, burns, and head and neck injuries —Medical emergencies including heart attack, stroke, asthma, anaphylaxis, hypoglycemia, meningitis, seizures, poisoning, and emergency childbirth —Environmental conditions including hypothermia, frostbite, heat stroke, sunburn, and lightning strike —Pediatric emergencies and illnesses, including assessing an unresponsive child or baby, pediatric cardiopulmonary resuscitation (CPR), choking, croup, and febrile seizures —First aid kit lists for home, vehicles, and outdoor use With an appendix featuring an A-to-Z list of every condition covered, it's easy for you to quickly find the exact information you need in any situation you may face. With its small trim and portable size, The Complete First Aid Pocket Guide is the perfect addition to a home first aid kit, car first aid kit, disaster-survival bag, as well as a pocket companion for EMTs and other first responders in the field. This manual is developed for use within first aid training courses offered through the Emergency Care & Safety Institute. Based on the 2015 International Consensus Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiac Care (ECC), First Aid, Seventh Edition is ideal for use within courses designed to certify individuals in first aid and fulfill workplace training requirements. 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: Current information on injuries and illnesses: Core information for first aiders presented in a clear and straightforward format. Skill Drills: Offer step-by-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. From basic first aid and campcraft to strategies for coping with any type of disaster, this is the definitive survival guide. Two 16-page color sections. Line art throughout. In his 35] years as a therapist and marriage counselor, Bryce Kaye has come to know that problems in marriages are not going to be overcome by a self help book, a Marriage For Idiots handbook, or a couple of episodes of Dr. Phil in the afternoon. His work, The Marriage First Aid Kit, is just what the title suggests, a temporary help for couples until more permanent care can be obtained. Dr. Kaye helps his audience work on issues resulting from communication avoidance by showing how to balance the conflicting needs of attachment and autonomy in a relationship. This vital balance is endangered not only by the obvious assassins abuse, affairs, and addictions, but also what Kaye terms hedonic inhibitions the inability by some partners to seek and enjoy fun in a couple's life together. Kaye employs everyday wisdom and therapeutic theory to show individuals in a relationship how to establish autonomy while affirming attachment, how to manage inevitable and healthy conflicts, and how to share power and responsibility throughout their marriage. Incorporating examples culled from his years of helping clients, Kaye peppers his book with problem scenarios to which readers can relate as well as with a useful variety of measurement tools and viable exercises to help couples through the common issues faced in intimate relationships. Rising above the plethora of quick-fix, relationship-help manuals, The Marriage First Aid Kit by Bryce Kaye, PhD offers professional, intelligent suggestions to couples to be employed, not as panaceas, but as temporary help while they work their way through the difficulties of life together. Designed to provide assistance and guidance to the pet owner in case of an emergency, this book includes coverage of CPR, choking, bleeding, trauma, poisoning, thermal emergencies, various wounds, and more. Suggestions are also given for items to be included in a pet first aid kit, plus tips on regular pet care, neutering and spaying, and traveling with pets. 150 illustrations. How to use this book When a medical emergency strikes, what you do can mean the difference between life and death. The American Medical Association Handbook of First Aid and Emergency Care, Revised Edition, gives you all the information you need--quickly, easily, clearly--so that you can make the difference. Key features include the most up-to-date emergency care information: , the newest CPR positions and techniques to be used on infants, children, and adults , first-aid and lifesaving techniques you can practice so you're prepared when an emergency strikes , injuries, illnesses, and medical emergencies: an alphabetical listing to help you find the information you need quickly , easy-to-follow instructions and clear line drawings that walk you through each step , what happens in the emergency room; knowing when to call your doctor or the hospital and what information to have ready , sports injuries: treatment and recovery, especially for the amateur, school, or weekend athlete , a chart to be filled in for each family member to list medical information, such as allergies and immunizations, to have on hand for emergency situations , a comprehensive index, with complete listings by subject and symptom for fast reference

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