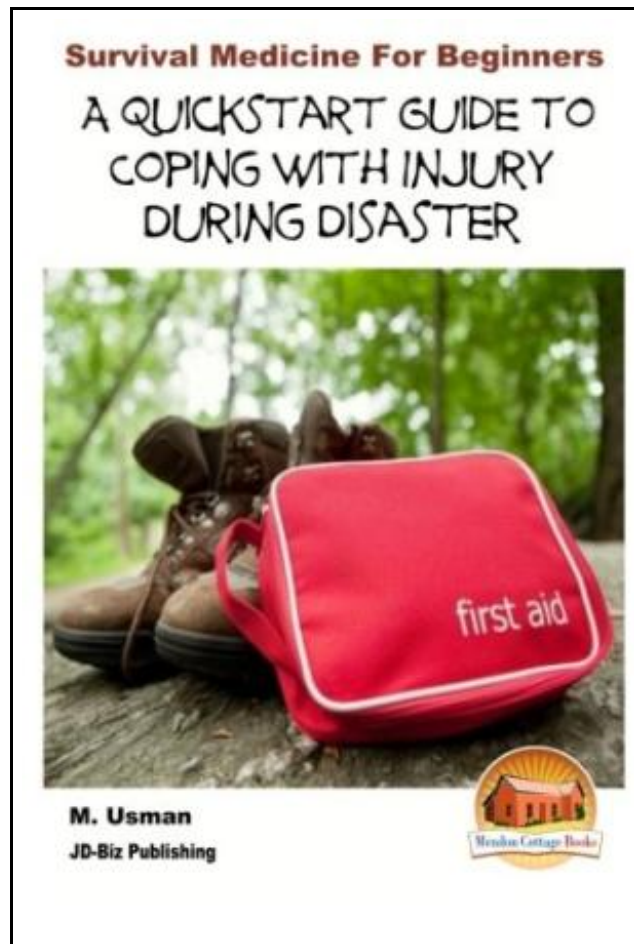


Survival Medicine for Beginners - A Quick Start Guide to Coping with Injury During Disaster



Filesize: 7.11 MB

Reviews

A really wonderful book with lucid and perfect reasons. This can be for all who statte there was not a worth reading through. You are going to like how the author write this book.

(Dr. Grady Jacobi DDS)

SURVIVAL MEDICINE FOR BEGINNERS - A QUICK START GUIDE TO COPING WITH INJURY DURING DISASTER



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction Chapter 1 - What s In Your Kit? I - The Basic contents of a good first aid kit II - Conditions for use and precautions III - Alternative methods for when your pack is not enough Chapter 2 - Maintaining Your Health I - Retaining fluids and preventing dehydration II - Maintaining your nutritional intake III - A guide to sterile and safe hygiene practices IV - The importance of rest Chapter 3 - Using medicines from your kit I - A quick guide to painkillers, their effects and conditions they should be used in II - Antiseptics and their uses in preventing infection III - Antibiotics and the situations they should be used in Chapter 4 - Using indigenous plants that have medicinal properties I - Identifying and using plants as painkillers II - Common plants with antiseptic properties III - Precautions and dangers of using plants as medicines Chapter 5 - Injuries to bones or joints I - Methods for binding injuries II - Materials that can be used as dressings III - A guide to caring for dislocations and sprains Chapter 6 - Emergency and Lifesaving Techniques I - Controlling blood flow from wounds II - A quick guide to CPR Conclusion Author Bio Publisher Introduction Disaster can strike at any given moment - whether you live in close proximity to natural hazards such as an earthquake zone or active volcano, or whether you live in a seemingly safe urban area. Your geographical location is a major factor when considering the different ways that you may be exposed to dangers, however this is an issue that has the potential to...



Read Survival Medicine for Beginners - A Quick Start Guide to Coping with Injury During Disaster Online



Download PDF Survival Medicine for Beginners - A Quick Start Guide to Coping with Injury During Disaster

Other PDFs



Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.You have the power, Dad, to influence and educate your child. You can...

[Read ePub »](#)



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Read ePub »](#)



D Is for Democracy A Citizens Alphabet Sleeping Bear Alphabets

Sleeping Bear Press. Paperback. Book Condition: New. Victor Juhasz (illustrator). Paperback. 40 pages. Dimensions: 11.0in. x 9.8in. x 0.2in.Despite the banter in todays media, many Americans are still in the dark when it comes to...

[Read ePub »](#)



Read Write Inc. Phonics: Pink Set 3 Non-Fiction 1 Jay s Clay Pot

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 172 x 88 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books...

[Read ePub »](#)



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

[Read ePub »](#)



Applied Undergraduate Business English family planning materials: business knowledge REVIEW (English)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2012 Pages: 240 Language: English Publisher: Foreign Economic and Trade University

[Read Book »](#)



DK Readers Plants Bite Back Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 9.0in. x 5.8in. x 0.2in. With Eyewitness Readers, children will learn to read --then read to learn! There are plants that prickle, sting, or even munch

[Read Book »](#)



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to

[Read Book »](#)



I Learn, I Speak: Basic Skills for Preschool Learners of English and Chinese

Paraxus International, Inc., United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Please go to // and shapes for some high resolution sample

[Read Book »](#)



DK Readers Disasters at Sea Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. From fog, ice, and rocks to cannon fire and torpedo attacks--read the story of five doomed sea voyages and the fate

[Read Book »](#)