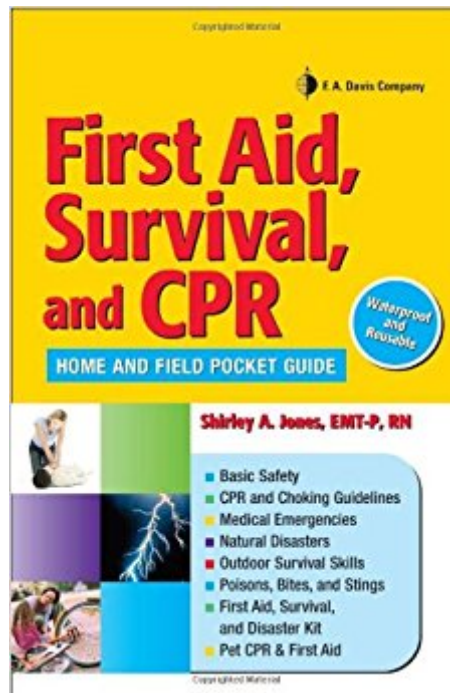




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# First Aid, Survival, And CPR: Home And Field Pocket Guide



## Synopsis

Be prepared for first aid care and survival in any setting—at home, on the road, outdoors, while boating, hiking, or camping. 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. A special feature includes pet safety describing how to assemble a pet first aid kit, performing CPR on a dog and cat, and keeping pets safe during natural disasters. Keep a copy in your home, car, boat, camper, or backpack and be "ready" when emergencies occur.

## Book Information

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## Customer Reviews

Clear, succinct information, sensible design, and strongly organized information combine to make this field guide an invaluable aid to travelers and outdoor recreationists. Eight tabbed sections include safety, CPR, medical emergencies, injuries, the environment, poison, disaster, and survival. The well-chosen physical design includes waterproof pages that are easy to write on with markers, which will allow users to make notes and carry the guide into a variety of different environments. A copy of Jones' safety guide should have a place of honor in every vehicle and camping kit. Kirkus Reviews Clear, succinct information, sensible design, and strongly organized information combine to make this field guide an invaluable aid to travelers and outdoor

recreationists.Â EightÂ tabbed sections includeÂ safety, CPR, medical emergencies, injuries, the environment, poison, disaster, and survival. The well-chosen physical designÂ includes waterproof pages that are easy to write on with markers, which will allow users to make notes and carry the guide into a variety of different environments. A copy of Jones' safety guide should have a place of honor in every vehicle and camping kit. --Kirkus Reviews

I already have a couple of first aid books. There is no such thing as too many first aid books. This is great book. It measures about 3" long x 6" tall x 1-1/2" deep. It is spiral bound at the top and waterproof. The pages flip over easily and lay flat. There are 222 pages plus the index. There are some illustrations and color photos, not as many as there should be, in my opinion: in this type of book there should be more. Of course, that would make the book even thicker. All in all, the author, Ms. Jones, an EMT and RN did a good job of putting together this compact book. The size makes it easy to put in a glove compartment, backpack or purse. It can even fit inside a shirt pocket. I have no problem recommending this book to others. Combined with a first aid kit, I feel you'd have a great combination to tend to most problems.

Covering everything from first aid for a paper-cut to giving CPR to one's pet, this handy little guide gives step-by-step guidance to help us layfolk through some potentially overwhelming or life-threatening situations. I recommend this book for non-medical individuals who want to BE PREPARED for potential emergencies. (More highly skilled medical personnel may also find it helpful, if simplistic in its presentation.) Actually, it would be a good idea to have several copies so one would have a pocket guide handy where emergencies happen: like the kitchen, the car, and the campsite! The book itself has a sturdy cover and pages, necessary for regular use; the pages are color-coded and indented for easy reference; and it is spiral bound at the top so that it will lay flat while it's being used.

This book fits in the palm of your hand. While it is a bit thick it will fit in a pocket, purse, bag, backpack, glove compartment, etc. The colorful pages and typeset make it easy to read and get the point. And it is spiral bound and waterproof making it easy to use anywhere. It is amazing how much information is in this little book. While I haven't read everything yet, I do know the CPR and a lot of the information goes along with what is taught today. The book suggests taking First Aid and CPR training but this is an invaluable tool to have with you all the time to help you along in an emergency.

I've added this to my big first aid kit. I'm a Cub Scout leader, so I pack for little boo-boos and big problems, too. I realized that if something happens to ME, there aren't many other trained adults, so I threw this in the kit as a back-up plan. Plus, it has wilderness survival tips, and how to help injured animals, too. A great addition to any first-aid kit!

No home should be without this excellent resource! It has been very well-written and is easy for the average adult or even older child to understand, especially with the inclusion of many illustrations and photos. The book contains excellent information for a variety of situations, and it is very obvious that the author put a lot of thought and work into creating it. The book is a lot smaller than I imagined, which is actually perfect (and preferred) as it can be tucked into a drawer, glove box or first aid kit. It is waterproof, which is an added bonus, so feel free to take it camping or boating. I appreciate how organized the topics are - info can be very quickly found via the handy tabs at the bottom. This will make an excellent gift for a loved one, and I plan to purchase several of them as Christmas gifts.

I discovered that my copy is missing page 17/18, which is part of the instructions on how to do CPR! An important page. (Instead of page 17/18, there is a duplicate of page 23/24.) Anyone else discover this problem? Also, the book is smaller than I expected - it will definitely fit in a large pocket. Slightly larger print/ larger book would be my preference.

I didn't realize what a perfect size this is! Think small writing pad. Lots of great info and tips. Great tabs and indexing. Plan to use in my emergency kits.

if you're heading out on the trail, this is a good book to take with you. lots of first aid info packed into a small relatively lightweight package.

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