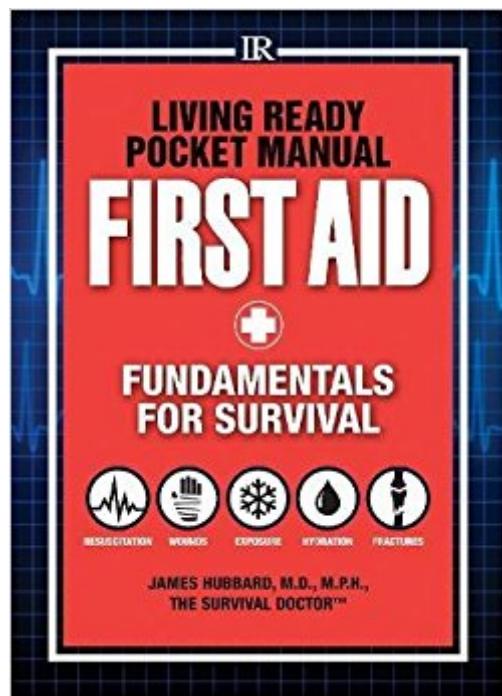


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# Living Ready Pocket Manual - First Aid: Fundamentals For Survival



## Synopsis

Skills to Save A LifeWhether you are miles from help or immersed in an urban disaster situation, every second counts during a medical emergency. This book will help you take quick, effective action to stabilize the situation. The easy-to-follow, step-by-step instruction in this book will help you prevent or respond to: DehydrationHypothermia, frostbite and heatstrokeSkin wounds including burns, cuts, bites and gunshotsAnaphylaxis, allergic reactions and rashesBroken bones and injured joints Plus you'll find detailed packing lists for survival first aid kits of all sizes. This pocket-sized manual is perfect for packing in first aid kits, bug out bags, day-hiking packs and vehicle kits. Medical emergencies are unplanned and unpredictable, but you can be prepared. Arm yourself with knowledge that can save a life.

## Book Information

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## Customer Reviews

I am a retired military guy and combat veteran, familiar with many First Aid books, procedures, and styles. I found this to be an excellent book, in a compact form, that surpasses most other "fundamental" use-in-the-field "First Aid" books on the market. I like it so well that I have purchased both the paperback and the Kindle version. This book is laid out to allow the reader to easily find various topics and specific subject material in a very expedient manner. The first section after the "Introduction" discusses medical equipment and supplies for long-term storage and also for hiking or bug-out-bags. Other sections have in-depth descriptions of many medical conditions that one can expect to encounter at home or "out in the sticks". Additionally, The Survival Doctor frequently

covers various options to deal with the specific problem at hand, to include the "pros" and "cons" of taking or not taking specific actions to solve the problem. Not only does he provide options, he frequently provides his educated opinion as to the probable outcome of using various options so that the reader can make a better-educated determination of which course of action to choose. Frankly, I find this to be a very sophisticated and informative book, written in everyday layman terms, for medical emergencies that one could expect to encounter away from medical facilities. It measures about 5" x 7" x 1/2" and can easily fit into a cargo pocket or many 1st Aid kits. I highly recommend this book for novices and the experienced. I will probably purchase more so as to have one in each of my medical bags, kits, packs, and vehicles. It is certainly a book that others should consider buying..

The title "First Aid" leaps out of the cover, but this little book goes much further in preparing the reader for survival in difficult circumstances. If you live in an apartment in a well-run city, you may feel you don't need to know how to deal with serious injuries, but if you ever venture into areas where emergency services are not speedily available you will benefit from this book.

I had originally purchased this book for the kindle app on my iPad, but I quickly realized just how valuable and well written it was and purchased the paperback version for our emergency first aid kit. Seriously, this book is so very wonderful and I feel it to be a must have.

It's covers basic first aid but most survival books do the same. It does have a few unique details so it's worth checking out if you are entirely new to first aid.

I am very impressed with the layout, of this book, and the amount of information that was so EASY to understand.

Not only do I need this book when traveling the Multi-Verse it also makes a great thing to have around the house when I do something flat out dumb. The information int his book is great and I think you should buy or be a jerk and don't buy it either way I have the book and enjoy it.

Love all the information.edit:Now that i had a chance to sit down and actually read the book, I believe this is a wonderful tool to have nearby or in your first aid kit. It covers many many topics. Along with the "typical" first aid measures, it also gives you alternative ideas in case you don't have

the other stuff on hand. The book also shows pictures for many things, which I personally find very helpful. I sat down to glance through the book and ended up reading the whole thing before I got back up.

So far I'm impressed by the range of topics this book covers. I was looking for something besides the 'standard' first aid manuals to use in the back country leading scouting trips

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