

OUTDOOR FIRST AID

A PRACTICAL MANUAL

Whether you are a walker, cyclist, mountaineer, canoeist, horse rider, mountain biker, wild swimmer, paddler or not, covered in outdoor activities, there are many risks and dangers.

In an instant, getting out into the wilderness could become a challenge, leaving you alone, in a remote and isolated area with no help or rescue. However, when you are in an outdoor situation, you must remember that you have a limited amount of time.

It is essential that you have a first aid kit to administer first aid in a safe and secure environment. This is a first aid kit that you need to be able to use in a safe and secure environment.

There are many first aid kits available, but you need to choose the right one for your needs.

2ND EDITION

IMPROVISED

CASUALTY EVACUATION

INJURED

MEDICAL CONDITIONS

BEFORE DEPARTURE



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A PRACTICAL MANUAL

STANDARD BOOKSHELF FOR SCHOOL EDUCATION



Outdoor First Care

Laura Lee Hope

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