

OUTDOOR FIRST AID

A PRACTICAL MANUAL

Whether you are a walker, cyclist, canoeist, kayaker, 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, often things go wrong. However, when you are in an outdoor situation, you must remember that you have a different approach.

It is often that the wilderness can be a place to be a witness to the most beautiful and dangerous places. It is often that the wilderness can be a place to be a witness to the most beautiful and dangerous places.

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2ND EDITION

IMPROVISED

CASUALTY EVACUATION

INJURED

MEDICAL CONSIDERATIONS

IN CASE OF EMERGENCY



Katherine Wills

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A PRACTICAL MANUAL

STANDARD BOOKSHELF FOR SCHOOLS/EDUCATION



Outdoor First Care

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Outdoor First Care:

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