Pocket Guide to WILDERNESS MIEDICINE 8 FIRST-AID

PAUL G. GILL, IR., M.D.

Inclindes at-a-glance Emergency Transment Procedures for Shock • Choking • Severe Bleeding • Unresponsive Person Near-drowning • Hypothermia and room

John Raynolds, Outward Bound, Inc

The Ragged Mountain Press Pocket Guide to Wilderness Medicine & First-aid Paul G. Gill, 1997 Teaches the complex and intimidating subject of options in an easy to understand manner useful for readers without formal finance or investment training This book contains illustrations definitions of industry terms and real life examples Wilderness First Aid Paul G. Gill, 2001 Like a seasoned outfitter for hire at a fraction of the cost Ragged Mountain Pocket Guides give beginners the straightforward reassuring advice they need for a successful first foray in the field In a medical emergency nothing is more reassuring than clear professional advice Paul Gill a member of the Wilderness Medical Society and a longtime columnist for Outdoor Life magazine offers clear explanations to a broad range of problems followed by step by step instructions and details on the latest treatment strategies for all types of common outdoor injuries Because he understands the dynamics of outdoor injuries Gill writes simply and directly in terms a layperson can understand Practical packable and positive Wilderness First Aid covers more than 100 common injuries easily identified by symptom Wilderness First Aid offers proven advice from a board certified emergency medicine specialist No other portable book is as thorough As with other titles in the Ragged Mountain Pocket Guide series Wilderness First Aid is designed to fit easily in backpack or pocket and it presents information so readers can find it quickly With a weather resistant cover it is a natura Wilderness Survival Skills Bob Holtzman, 2018-07-10 Wilderness Survival Skills is an outdoor survival guide that utilizes the most popular and versatile tool carried by every hiker camper and hunter the knife It provides you with the essential information and life saving techniques for all survival situations including hunting fishing and trapping building a shelter making a fire self defense and carving useful tools Each chapter presents the knife skills and activities essential for wilderness survival including using a knife and axe carrying and caring for a knife securing food with a knife sharpening an axe and constructing watercraft with a knife Knife and Axe Skills for Wilderness Survival Bob Holtzman, 2016-01-30 Be ready for anything This invaluable guide will each you everything from sharpening your survival axe to crafting watercraft with just a knife **Technology Fails** Matthew R. Stein, Matthew Stein, 2008-03-27 Matthew Stein's comprehensive guide to sustainable living skills gives you the tools you need to fend for yourself and your family in times of emergency or disaster It also goes a step further giving sound instructions on how to become self reliant in seemingly stable times and for the long term by adopting a Leadership the Outward Bound Way John Raynolds, Outward Bound, Inc, 2007 Dynamic sustainable lifestyle Cover p 4 and effective leadership skills from the organization that has spent decades helping people discover their own potential to The Complete Sea Kayaker's Handbook Shelley Johnson, 2001-12-27 The Complete Sea Kayaker's Handbook is a lead comprehensive guide to the full sea kayaking spectrum bringing a fresh approach and a dynamic voice to the subject Author of the critically acclaimed Sea Kayaking A Woman's Guide Shelley Johnson covers all the bases for beginning to advanced sea kayakers It's all here from selecting the right kayak and gear to preparing and making an extended tour mastering the

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