

# Download The Official Wilderness First Aid Guide

The Official Wilderness First Aid Guide explains the mechanisms/physiology underlying serious wilderness problems like hypothermia, dehydration, and shock in simple language, helping first aiders understand not just what to do but why. Most other wilderness first aid books focus on the help needed in the first hour, but are sketchy beyond that. The Official Wilderness First Aid Guide explains the mechanisms/physiology underlying serious wilderness problems like hypothermia, dehydration, and shock in simple language, helping first aiders understand not just what to do but why. First aid in illness and injury. Outdoor medical emergencies. Wilderness survival. Medical emergencies. 10 wilderness and remote first aid emergency reference guide. AFTER CHECKING THE SCENE AND THE INJURED OR ILL PERSON, HAVE SOMEONE CALL 9-1-1 AND GET CONSENT: GIVE 5 BACK BLOWS. Bend the person forward at the waist and give 5 back blows between the shoulder blades with the heel of one hand.