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"By far the best book on the subject."—Field & Stream

MEDICINE FOR THE OUTDOORS

THE ESSENTIAL GUIDE TO
FIRST AID AND MEDICAL EMERGENCIES
FIFTH EDITION

Paul S. Auerbach, MD



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Medicine for the Outdoors: The Essential Guide to First Aid and Medical
Emergency, 5th Edition



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Named a top 10 medical title in 2009 simply by the Wall Street Journal. Provides new safety tips about avalanches, forest fires, bear attacks, and more. Filled with step-by-step guidelines, how-to explanations, and useful methods to outdoor and wilderness emergencies, it tells you the best ways to respond to virtually any medical problem when help is miles or days away. Includes a in depth index that helps you locate answers quickly. the most current drug and dosage information. Presents the latest guidance on dangerous infections like methicillin-resistant Staphylococcus aureus (MRSA), avian flu, and West Nile virus.. Demonstrates how exactly to apply various bandages and splints with the aid of brand-fresh drawings. Auerbach, MD, MS, FACEP, FAWM, is recognized as among the world's leading authorities on wilderness medicine..an elevated emphasis on making carry out with the materials accessible....plus much more. Logically structured, easy to reference, and simple to understand, Medicine for the Outdoors may actually save your life. If you are venturing into mountains, deserts, forests, jungles, or out to ocean, it belongs in your duffel or backpack! Provides the most diverse and comprehensive coverage of medical conditions related to the outdoors. Presents logical and complete explanations of every subject. Includes numerous drawings and guidelines to enhance your knowledge of the descriptive materials. Contains recommendations for injury and disease prevention. Author Paul S. Offers an increased emphasis on making do with the materials accessible (like using a fanny pack while a cervical collar). This 5th edition features major updates to bring you the latest on emerging infectious diseases. Offers current and accurate drug and dosage details via careful updates throughout. Since 1986, Medication for the Outdoors provides been hailed as the definitive take-along manual about them..



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Astounding Depth and Breadth of Information This book covers almost every conceivable medical situation you will likely encounter in the field. The only downside is normally that the reserve is too large and heavy to transport with you during many of the outdoor actions where you might need it. It is ideal for a survivalist homesteader or additional remote but fairly stationary scenario, or even as part of a vehicle kit. It includes medications and dosages used to treat various maladies, and would prove an invaluable reference for anyone within an emergency situation from traditional medical services. It is also a good tool in creating an emergency medical package targetted at particular activities and situations, giving detailed details on the items needed for each type of emergency. Training is key, no publication will ever replace professional emergency medical staff, but this publication uses layman's vocabulary to spell it out medical emergencies and their remedies and can aid you when the experts are not available. Detailed, Advanced MEDICAL I have recently read a few books on first responder type medical help for wilderness scenarios ... which is BY FAR the best. I've a Kindle copy that I can keep on a smartphone, ipod device or similar gadget. The first duty of Scout leaders or anyone in outdoor education is the safety and well being of teenagers at an age if they are poor judges of risk and have a propensity to overestimate their capacities. Great Book This is an excellent book that needs to be Atlanta divorce attorneys outdoor enthusiasts library. A LOT OF WEB LINKS AND GREAT DESCRIPTIONS WITH HELP. Essential resource for Scout Leaders - Outdoor educators There is absolutely nothing in this book you do not have to know. Go through this reserve and get the tools for medical treatment that will be a tremendous help when enough time comes. filled with technical jargon that goes over the head of all people), but this reserve is a good balance between your two. After looking at this book, I added a couple more items to the house and camping first aid kits. There exists a balance with books like this on either becoming too elementary (i. You don't need to commit the book to memory but I would encourage you to learn what's in it and how to find it quickly.. We have to know how to keep them safe and how to respond if they're injured or ill. Medication for the Outdoors is the work of Dr. Paul Auerbach - wilderness medicine pioneer and arguably the world's foremost expert on the subject. THANK YOU to the person that posted that this is the publication to get. Safety is not owning the right gear or having the right book. Actually got me considering my requirements and preparations for emergencies when camping and backpacking. Safety is focusing on how to prevent injury and illness and how exactly to respond if it happens. Get the book, go through it, make notes and practice the abilities before you will need them. If you are looking for a reserve that goes well beyond even advanced first aid, and presents the materials in a practical method using common language. As a hike organizer and head I need rapid usage of information that is professionally top notch, practical, useful, effective, and up-to-date in the outdoors. It's way more when compared to a first aid book. There are numerous additional references in the publication for things that people just don't have with them. Probably Gage and Desoto would find this useful as a reference, but as a layperson it leaves me out in the cold. Won't Move Anywhere Without This Book This is, hands down, the best First Aid, Crisis Medical Reference book I have ever seen. Great Publication!.wix. I came across everything very easy to comprehend and I've zero experience in medical care. FULL of valuable information and info the common person can use to survive. Nobody carries an oxygen bottle with them in the "outside". Nice balance. I'm not really a doctor, just a devoted hiker that has used the Wilderness Medicine Institute two day course and bought at least three various other hiking medication books. The book 's almost difficult to get, but available on a reader such as a Kindle. I was searching for a reserve with the information this one has, I read all the reviews on additional books like this one, In another of the reviews someone posted this was the publication to get instead of the one I was reading the reviews on. A person falls and dislocates

his thumb, or possibly his index finger. The immediate treatment is very different. This book is worth ten moments its price. After looking at many highly rated books on this subject, this is actually the one I select. Great addition to my latest Appalachian Wilderness Medicine teaching. Better on a reader as possible take it everywhere in case a major accident happens and you do not know what to do. He clarifies the how and just why of responding to nearly every possible illness or damage we will probably encounter in a concise, step-by-step manner that is intended to be used at that moment - but don't await something to occur before you read the book. I carry it downloaded on my Kindle everywhere I go. An excellent outdoor medical reference. I am acquainted with the author who is regarded as the foremost authority about them. I likewise have a copy of the publication that lives in the medical Deceptive title The book is quite well written, nevertheless its title is completely misleading. Nothing in this publication is beyond the reader. Not an excessive amount of information to sift through but all the most significant instructions is there. I even purchased the Kindle edition and a print copy therefore i have an electric copy on my Android with me all the time, the only Kindle book on my phone. Kristofer Ryan, Author of "Power Yoga exercises For Prisoners and Others Desiring Modification" Interview - <http://kristofer108..> I've got many books on survival and emergency medical situations, but this one deals with things that aren't covered in virtually any of the others. It isn't having a well-appointed medical kit. It's also an excellent book to have around for household accidental injuries and emergencies. The author has a gift of explaining factors in a very straight-forward fashion. MUST HAVE BOOK! It is the best of the bunch.. Comprehensive, well written. Comprehensive, well written GOOD REFERENCE Reserve FOR THE NEED IT CLAIMS TO SOLVE Very great book for what it claims to accomplish. Five Stars A+ A WELL DESERVED TRAVELLING COMPANION THIS MANUAL IS IDEAL FOR ANYTHING YOU MAY NEED TO DEAL WITH WHILE ANYWHERE. this publication is it. Five Stars GREAT! Read this just before any trip! Dr. I am a mountain instruction for forty years and wish I acquired this years ago. Everyone should examine this book in the event that you leave the comforts of 911 and even after that.. 911 might take too much time. "dumbed-down") or being too academic (i. I couldn't be more relieved that I came across this book.hands down.com/yoti You should purchase it. Nice balance. It seems to involve some good advice. I bought this in the Kindle version Extensive and concise! Auerbach by no means loses view of the environment that you will be practicing in and delivers on each of the previous sizes. It should be in every home. I purchased this in the Kindle version. Filled with valuable information and details the common person can use to survive. Recommend.



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