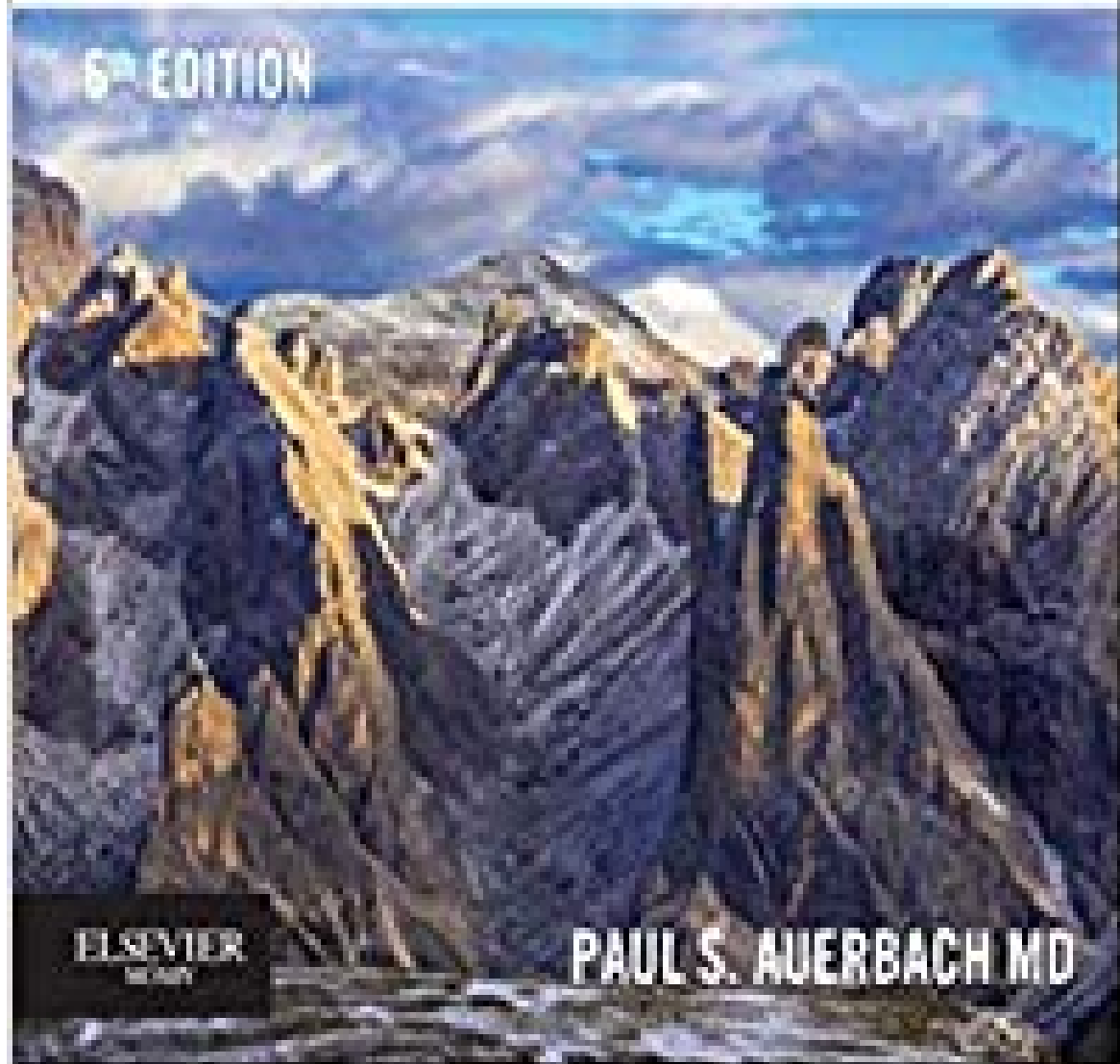


# MEDICINE FOR THE OUTDOORS



THE ESSENTIAL GUIDE TO FIRST AID  
AND MEDICAL EMERGENCIES

6<sup>th</sup> EDITION



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PAUL S. AUERBACH MD

*Paul S. Auerbach MD MS FACEP FAWM*

## **Medicine for the Outdoors: The Essential Guide to First Aid and Medical Emergencies**



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Good book to increase library I reading this the second time as there is indeed much good information to absorb. I discover that it provides a good balance between issues that you can attempt on your own and when you should head to the emergency room right away. I believe this book is very suitable to have in your library as a reference. When you are needing it right away as in an emergency, the text message isn't suited for quick at that moment prognosis of most ailments. You need to have read this reserve in advance and really understood things that he is describing. It's ok It's ok Not only for wilderness. Dr. Auerbach's book is merely an amazing accomplishment, in an exceedingly little space he has were able to pack so much! This is THE book if you needed one (which of training course you shouldn't!) to take with you on a march into the wilds fleeing an apocalyptic collapse of the globe as we know it. I strategy this book with 40 years of outdoor encounter, numerous first aid classes during that period, and having qualified as a WFR about three months ago.. A must have for any library and backpack! Top choice as a Wilderness 1st Responder if allowed only one reference in remote control location. This is the third edition of the book I have owned. Uncertain this eased her brain! It assumes knowledge, but you don't need to end up being an EMT or medical college student to use it. EASILY could just pick one mention of consider with me on a remote expedition, into a disaster zone, or on a international trip, this might be the book. (I have the hard copy and keep an electric copy on my telephone and tablet. Five Stars great information, nice book Five Stars Recommended for Emergency Responders and everyone else. I think it is great reference up through the WFR or EMT level for wilderness medication, although even more advanced providers may find it useful if indeed they have little if any background or trained in wilderness and austere environment. This reserve is an excellent start. The book is well written and it covers everything that a layman would need to know. It actually includes information on medications plus some relatively advanced procedures that can be done in the field. A "will need to have" source for ALL first aid practioners This is an excellent resource for wilderness first aid (or anytime EMS will take a long time to reach). I maintain it in a well stocked medical kit. Great source This concise manual is a must for outdoor enthusiasts... Provides more information than a basics medical class/manual without having to go through some lengthy EMT class The book is well written and it covers everything that . Very useful resource Liked the format, photos ,very readable ,lots of details~ retired ER nurse teaching 1st aid to young grandsons. Helpful, useful book In the event that you spend any timeframe outside, you should know the way to handle yourself or another person. The only persistent knock I've on the publication is that its organization is not quite as effective as it could be, although I do believe it has improved somewhat with the latest revision and there are copious cross references to assist you locate the correct information if you result in an

incorrect but related place. Amazing book!.As a retired cardiologist, outdoorsman and avid pilot, I find the quality of text, explanations and images to be of excellent quality. This information is essential for a broad selection of readers from EMT's/First responders to hikers and day time campers.) It covers the gamut from fundamental first aid, through more complex treatment I am educated on, to more complex treatments (some of that i would try in a real pinch and some I would not attempt). Think about it as the Chilton's Manual for Homo sapiens. My niece have been asking in what she might need . I keep a copy in my trunk and also have read the majority of Auerbach's books.The information on each topic (from wildfires, to hypothermia, to terrorism or snake bite, it's all here) includes great step-by-step courses on how best to deal with it. My niece have been asking in what she might need to prep for her John Muir trek and was astonished at all that could go wrong and how exactly to address the health issues she might encounter. Each edition is better, more thorough and comprehensive.



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