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# WILDERNESS

## First Responder

SECOND EDITION



NOLS

How to Recognize, Treat,  
and Prevent Emergencies  
in the Backcountry



BUCK TILTON, M.S., W.E.M.T.

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Buck Tilton

Wilderness First Responder, 2nd: How to Recognize, Treat, and Prevent Emergencies in the Backcountry (Wilderness First Responder: How to Recognize, Treat, &)



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The Wilderness Initial Responder is a comprehensive text for the recognition, treatment, and prevention of wilderness emergencies. Figure out how to assess and treat: airway obstructions, cardiac arrest, external and internal bleeding, shock, spine accidental injuries, head injuries, chest accidents, abdominal accidents, fractures and dislocations, athletic accidents, soft-tissue injuries, frostbite- or heat-induced accidents, altitude sickness, insect bites and stings, diabetic emergencies, poisoning emergencies, allergies and anaphylaxis, and much more. This invaluable resource includes expert, step-by-step instructions, clear illustrations, and "Signs and Symptoms" sidebars made to assist you to provide care in the wilderness--whenever you are more than an hour away from an ambulance or a hospital. The book represents more than a century and a half of combined experience in wilderness medicine, rescue, and education. It's important reading for wilderness educators, trip leaders, search and rescue organizations, and anyone who functions or plays definitely not definitive medical care. Buck Tilton, co-founder of the Wilderness Medicine Institute of the National Outdoor Leadership School (NOLS), wrote this reserve with an increase of than a dozen medical professionals. You'll figure out how to conduct a patient assessment, improvise when ideal materials are not at useful, and decide whether to evacuate an individual. Thoroughly updated and revised, this traditional first-ever teaching manual for the "Wilderness First Responder" program is definitely a must-have for anybody venturing into the backcountry.



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This is an excellent book. Excellent Demonstration of Wilderness First Aid I was taking a Red Cross wilderness first aid class and wished to see what other assets were available. Each chapter begins with a predicament, explains first aid for a condition (head,neck,back again;.etc) and concludes with how it will have been handled. Great book in great condition. We use it to teach WFR This is an excellent book;[. Strongly suggested! Wilderness First Responder, 2nd: Having just finished the program for which this text message was assigned, I could say that it had been accurate as far as my instructor was concerned, save for two instances.] Exceptional condition! The CPR recommendations had changed, but then - you need to be checking the existing guidelines periodically. School book Got this reserve for school.) and info on SOP's. It really is probably greater than a person like me needs, and it assumes that you have, or need to build up, the professional skills of an EMT, nonetheless it is clear plenty of for a newbie like me to check out. But lots of nutrients to know anyway, in my opinion. We use it to instruct our WFR training course and advocate it strongly! One slight downfall is certainly that it doesn't cover all of the topics suggested by the Wilderness Medical Society for WFR, nevertheless it's fairly darn close. It can involve some great extras though for folks who work for businesses (trip leaders, etc.I came across the book very readable also to the point. Additionally it is interesting to read, unlike a Red Cross first aid manual... The helicopter approach zones may vary depending on whom one foretells. This is an excellent book.So far as that moves, refresher courses are a good idea anyway. Therefore, not really my first choice for satisfaction reading. well crafted, easy to check out and accepted as one of the top books for teaching Wilderness First Responder. Five Stars very helpful and accurate keep going This is a nice first start, nonetheless it needs to be followed up with one for emt's and medics. It is probably more than a person . I checked this book right out of the local library. After studying it, I wished the class had used it rather than the 2 we utilized..bleeding;break;heat; I'm your ordinary hiker, not an EMT, and We was looking for a source that is comprehensive but readable.I purchased the reserve to use simply because a reference and to review, since like the majority of things practice makes great.



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