

Mountaineering First Aid

mountaineers
outdoor
basics

A Guide to
Accident Response
and First Aid Care

FIFTH EDITION

Jan D. Carline
Martha J. Lentz
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THE MOUNTAINEERS BOOKS

Jan Carline Ph.D and

Mountaineering First Aid: A Guide to Accident Response and First Aid Care



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* Meets the current standards of medical treatment by the American Red Cross and the Wilderness Medical Society* Updated figures and drawings that illustrate essential first aid skills* Includes quick-reference boxes that summarize acknowledgement and treatment of many first-help problemsThis fifth edition offers you all the latest details on assessing and treating conditions you may encounter in the wild, from serious accidents such as dislocations and fractures to unforeseen major illness to weather-related problems. With quick-reference checklists of symptoms and methods, recommendations on medical kits and gear, and more, Mountaineering MEDICAL will prepare you for anything in the backcountry.A faculty member in Medical Education at the University of Washington, Jan Carline has been affiliated with the Mountaineering Oriented First Aid System (MOFA) for over 15 years.D. Lentz, Ph. Martha J. Steven MacDonald, Ph., can be a faculty member of the University of Washington School of Nursing, and provides been mixed up in MOFA program for over 20 years.N., R. Designed for beginning-to-intermediate aficionados, this series contains everything anyone would need to know about staying safe and having fun in the backcountry.Portion of the The Mountaineers Outdoor Fundamentals series!D, is an epidemiologist in the National Center for Environmental Health at the Government Centers for Disease Control and Prevention, and has trained the MOFA course.



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Great book Great book that touches about a whole lot. Would recommend it to anyone. I buy a great deal of books concerning this subject matter through Amazon and seldom possess I ever been disappointed, this one made the list. The publication itself is NOT a quick reference at all, only a few scattered sketches in it and there are several pages that appear to be designed to become cut out and published. Five Stars Great purchase. We haven't required it yet, but I'm pleased to have the data and skills ready if the situation arise! My husband thinks he knows everything, but I think it's best it be prepared so I went ahead and bought this this past year. It gives types of how to look after harmed people in the wilderness. Its an extremely small guide no more than 170 pages. Be ready This is a must-have for anyone that's serious about backpacking! The book arrived super quick, it took 3 days, very happy on that fact. When I search for First Aid manuals I do prefer diagrams , I mean we are talking about possibly cutting open a person, the chance of infection have become high in situations such as this. Also not really sure what makes this publication listed as Mountaineering centered, after reading through it I didn't really see whatever any other MEDICAL guide would not have tackled. For a straightforward , basic little guide to toss in your automobile or time pack this might be okay, thats what Ill perform with it, but find something a bit more indepth that presents more detailed images. For what I payed for it I couldn't move it up. Well crafted and specific. Toss in a day pack, but would desire more for a serious situation bag though. Great reference book. Five Stars Great book to read and add to your mental tool box. Mountaineering First Aid It is a great book. Take it outside with you. It has a extremely readable quick reference guideline to let you know which page to carefully turn to if you forget how to proceed in a particular situation. Four Stars great information to use while walking or search and rescue Great book. Easy to read and understand Great book. Easy to read and understand. Recommend it.



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