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# First Aid and CPR Guide

Seventh Edition

**Meets Latest CPR  
and ECC Guidelines**



American College of  
Emergency Physicians®

ADVANCING EMERGENCY CARE



American Academy of Orthopaedic Surgeons (AAOS)

## First Aid and CPR Guide



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Based on the 2015 International Consensus Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiac Care (ECC), First Aid and CPR Guide, Seventh Edition is a wonderful resource for action at common emergencies. This guide is perfect for anybody who wants quick, portable access to vital medical and basic lifestyle support information in place of, or furthermore to, going for a formal medical or CPR program. This quick reference offers you the tools essential to prevent and minimize injury, provide convenience, and maximize care until expert care arrives. The First Aid and CPR Instruction, Seventh Edition may be used within first aid and CPR refresher training courses offered through the Emergency Care & Protection Institute (ECSI). Please note, ECSI digital course completion cards aren't included.



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missing reality Very educational first component of dvd approximately prolapse diagnosis and how it is actually postural and not gynecological or urological problem. Also very great advices about how exactly to walk, lift pounds, run.. Great Mini 1st Help Guide Lot's of critical information in a concise size.. No complaints except for it being occasionally repetitive. Whats missing is normally how to sit on different chairs (trigger we aren't always at home), how exactly to sit in your car, not only on the bed with lap top as shown on dvd and blu-ray. I loved the globe of christine kent getting up in fresh air and operating on mountain, but it doesnt show fact of busy mother driving all day long around schools, lifting pounds, bending her back throughout the house, position in the kitchen doing four meals per day. MEDICAL for Prolapse I am SO glad to find this materials! Christines's CD can be thoughtful, extensive, well done and comforting. I extremely reccomend this CD. Laurie This made a big difference! Three Stars It was ok.which was also more comforting. You can even call her for a consoltation. Educational Item???????????? Easy to read and understand They have saved me from unnecessary surgery and returned my quality of life I have already been following Christine Kent's ideas and suggested for more than 4 years..and it should be shared with all of the young women you understand!... Thank you to make this available. Great learning device and reference Great publication for learning or reviewing medical technique. Pictures galore! Five Stars A lot of great information in this. I wanted a little, concise manual to squeeze in my bike back or backpack. It's perfectly. Just what was needed It is what it really is. Nothing out of this world and it completes its job. The advanced system for me is quite advanced and it looks like a dance course that i trie to catch the move without success.. Some information a little outdated. This fills the bill I purchased this booklet to augment my 1st aide training. The workout part is great, but i have the ability to do only the begginers part, cause my knees hurt me after birth.. They have preserved me from unnecessary surgery treatment and returned my quality of life!



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