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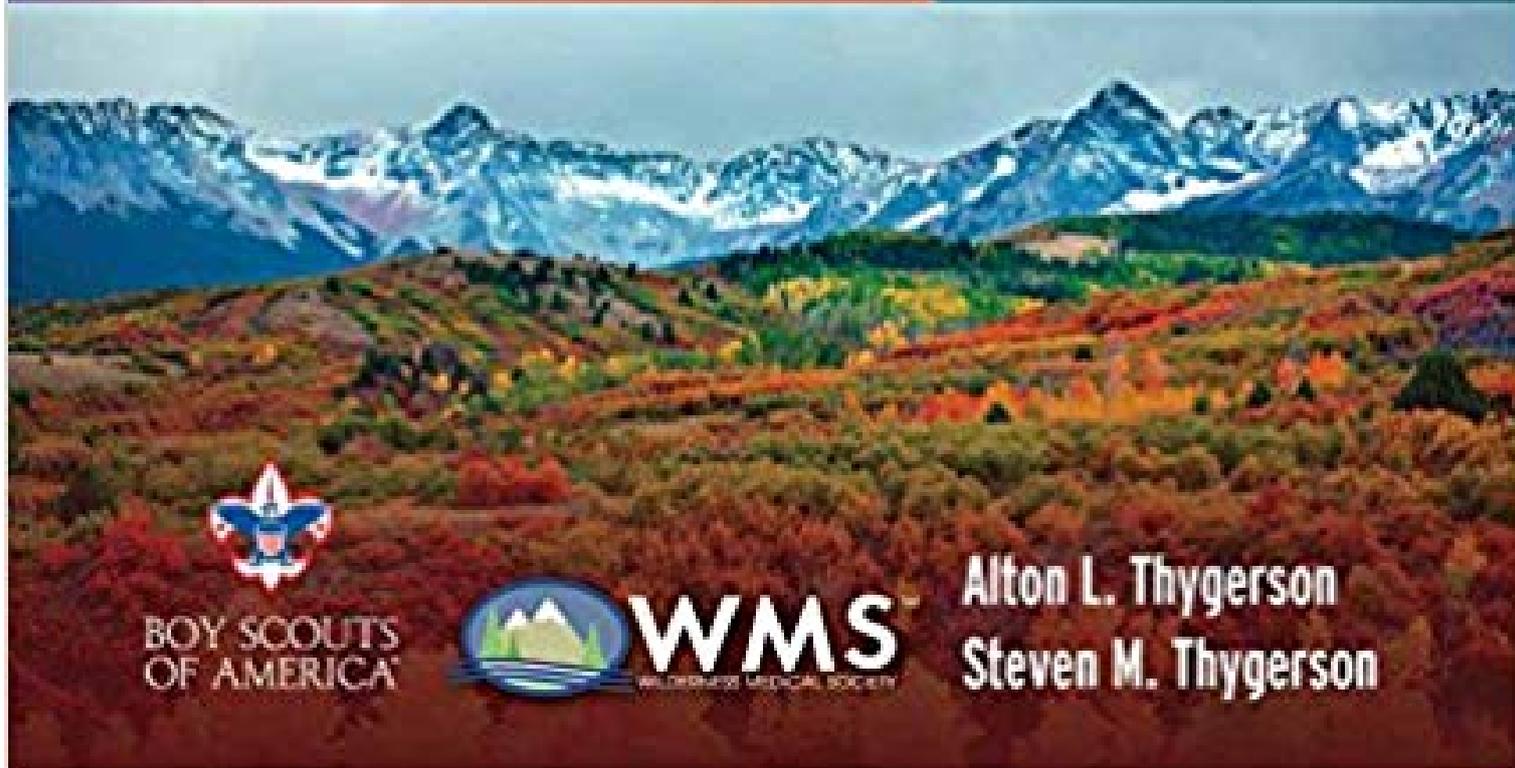


Wilderness

FIRST AID

FIELD GUIDE

SECOND EDITION



BOY SCOUTS
OF AMERICA



WMS
WILDERNESS MEDICAL SOCIETY

Alton L. Thygerson
Steven M. Thygerson

American Academy of Orthopaedic Surgeons (AAOS) and
Wilderness First Aid Field Guide



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The Second Edition of the Wilderness MEDICAL Field Guideline meets the Wilderness First Aid Curriculum of the Boy Scouts of America. This durable and water-resistant resource features: Essential information for when medical help is certainly more than one hour away How to signal for help, when to evacuate, and recommended first aid supplies "What to search for" and "What to do" tables for accidents and illnesses Prevention advice ranging from altitude illness and bear episodes to lightning strikes and tick bites Heat index and wind chill charts Quick usage of contents using an A-Z format The second edition features: Updated CPR and AED content Up to date asthma and diabetic emergencies sections New sections on ear and chest injuries, including new information on chest pain Expanded content material on bleeding and wound care, including new details on tourniquet use New info on scalp wounds and mind injuries in the head injury section Wilderness MEDICAL Field Information, Second Edition can be a user-friendly, pocket-sized guide that has been updated to reflect the 2015 CPR/ECC guidelines.



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Way too heavy rather than pocket sized, unless you are a kangaroo This book is quite well organized and informative. It complements the WFA program I took nicely. Nonetheless it is really large, like 8. And there is no pocket I have that would fit this book comfortably, not even the beefy thigh pockets on my ski pants. It is greater than a half in . thick. But essentially the most annoying point is that the spiral binding is usually on the top of the book, not the medial side of the reserve. That makes it extremely awkward to flip through pages and severely decreases the usability of this publication.6 ounces heavy (that is over a half pound). Excellent book. The layers on top of the fishnet should be cotton, silk or wool.. Easily fits in a pack. Start to see the picture if you would like to get a real idea of how big this is (quite a bit bigger than my hand) and see why about the binding. I attached a few post-it type markers in place for the most typical medical issues that might come up at the number. Don't believe what the big-name outdoor garment makers let you know. I carry this in my own range backpack along with a medical kit. Good book and an excellent size for an initial aid kit This is a spiral bound, waterproof medical guide that is easy to check out with a whole lot of good information for such a small book (approx. Happy with this purchase. Great resource Waterproof plastic material booklet with a coil binding about the top." If you put on the fishnet layer after that cotton, wool, or silk, then a GoreTex jacket, the coat will still trap the dampness. And there is now a voucher when you buy this book, so I paid a lot more than I had a need to pay, that was already quite a bit. Generally VERY USEFUL But Don't Follow Clothing Advice We received this when I attended a Wilderness First Aid class recently. More thorough than others available on the .. But also for its designed purpose it really is useless. So I am super disappointed in this manual, which I intended to maintain with my medical kit for walking and backpacking. More thorough than others in the marketplace (SOLO, American Crimson Cross) and looking towards using this more going forward. Excellent book. It's a great little book with plenty of tips and facts. Nevertheless, don't follow the tips under "Clothing" on web page 169 or you could end up receiving hypothermia and die. It states: "Wear a bottom or first coating of clothing made of polypropylene." This is totally incorrect. Anyone who does so will trap your body's perspiration next to your skin with no chance for it escaping. The initial layer should be a garment like fishnet lengthy underwear that allows the perspiration to flee through the outer layers and in to the atmosphere, which can be done only if one isn't wearing a non-breathable layer such as for example GoreTex. Maybe it might be useful for car camping, if I do that in the future. Natural material like these are the only types that are breathable. Man-made fabric, such as polypropylene, nylon, or GoreTex isn't "breathable. In depth and user friendly, purchased as a health supplement to a wilderness medical course I took. It provides to become a non-coated coat. 4½" x 6"). They're either ignorant and/or lying. I emailed the book's publisher, not to mention got no response.



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