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**LIVING READY
POCKET MANUAL**

FIRST AID



**FUNDAMENTALS
FOR SURVIVAL**



RESUSCITATION



WOUNDS



EXPOSURE



HYDRATION



FRACTURES

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THE SURVIVAL DOCTOR™**

James Hubbard

Living Ready Pocket Manual - First Aid: Fundamentals for Survival



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Skills to Save A Life Whether you are kilometers from help or immersed within an urban disaster circumstance, every second counts during a medical crisis. Arm yourself with understanding that can save a existence. The easy-to-follow, step-by-step instruction in this book can help you prevent or respond to: Dehydration Hypothermia, frostbite and heatstroke Skin wounds including burns, cuts, bites and gunshots Anaphylaxis, allergic reactions and rashes Broken bones and injured joints In addition you'll find detailed packing lists for survival medical kits of most sizes. Medical emergencies are unplanned and unpredictable, but you can be prepared. This pocket-sized manual is ideal for packing in medical kits, bug out bags, day-walking packs and automobile kits. This book will help you take quick, effective action to stabilize the situation.



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EXCELLENT BOOK that will exactly what it is made to do.. We am a retired military guy and fight veteran, acquainted with many First Aid books, procedures, and designs.! I like it therefore well that I've purchased both the paperback and the Kindle version.This book is organized to allow the reader to easily find various topics and specific subject material in an exceedingly expedient manner. The 1st section following the "Introduction" discusses medical tools and materials for long-term storage and also for trekking or bug-out-bags. Set of essentials for your BOB. I plan to do that again. Not merely does he provide options, he often provides his educated opinion as to the probable final result of using various choices so the reader could make a better-educated dedication which course of action to choose. We bought two of the for my emergency products and have browse it cover to cover. Seriously, this publication is indeed very wonderful and I feel it to become a must possess. I recommend this book for newbies and the experienced.including a couple of Doctors I know! It is certainly a publication that others should consider buying.. Reads almost similar to a novel than a medical book I'm still studying this, but the method it's written is less declarative then I'd like..It is also somewhat poorly organized for me, but I assume it's hard to arrange something like this. No Doctor around. I've attempted a few different medical books and this is my head to guide in an initial aid situation... I recommend this for everyone. This book has among the better information at a moments notice. I have this publication in my BOB, together with the recommended items to assure myself to be ready for any emergency. Solid First Aid Manual: Buy it!. If you read this reserve you will not be certified but you'll be pretty close Convenient size filled with important information This manual may be the perfect size to match into a glove compartment, backpack or emergency kit.especially if you aren't within driving distance to a Hospital or Urgent Care Facility!This step-by-step information will help you or anyone with the knowledge of how to proceed and how! Whether a deep slice, damaged bones, hypothermia or simply a sprained ankle... It reads less like a medical journal and more of opinionated piece of work (where I'd choose the first)..you should have the confidence to do what is would have to be done. I believe this comes into play handy, particularly when the SHTF.. Great This is perfect inside and out!. There have been a couple of things I didn't understand either. Nobody wants to consume it.....it is worth its pounds in gold!this may save someones life, especially when you least expect it!! intend to buy two even more copies of the book so I also have it for EDC and one for my wife. Handy Valuable and great for small children too Great info All simple things you need with info on how to use it.. It is very practical, very well organized, easily accessible information (quick reference) when you don't have time to fumble through pages to figure out what you should do right now. I'll probably purchase way more as to possess one in each of my medical hand bags, kits, packs, and vehicles.! This is solid medical information that's usable. I came across this to be a fantastic book, in a concise form, that surpasses most other "fundamental" use-in-the-field "First Aid" books available..Frankly, I discover this to be a very sophisticated and informative book, written in everyday layman terms, for medical emergencies that one could expect to encounter away from medical facilities. Additionally, The Survival Doctor frequently covers various choices to cope with the specific problem at hand, to add the "pros" and "disadvantages" of taking or not really taking specific activities to solve the problem.! The writer provides lists of the gear one should have for types of first aid kits with respect to the scenario where they would end up being carried and/or utilized. He's also got an excellent blog page that I've started following.. Do not hesitate to purchase this book! Small size great details. It procedures about 5" x 7" x 1/2" and can easily fit into a cargo pocket or many 1st Help kits. Five Stars Good LIFESAVER

This book explains the basics plus everything that could help save someone life..... It has good answers to many common first aid incidents.. I had originally purchased this reserve for the kindle app on my iPad, but I actually quickly realized precisely how valuable and well written it was and purchased the paperback edition for our emergency first aid kit. My husband is certainly dr and he loved it. Medical for preppers The title "MEDICAL" leaps out from the cover, but this small book goes very much further in preparing the reader for survival in tough circumstances. If you live in an apartment in a well-run town, you may feel you don't need to know how to deal with serious injuries, but should anyone ever venture into areas where emergency services are not speedily obtainable you will benefit from this book.. Additional sections have in-depth descriptions of many medical conditions that one may expect to encounter in the home or "out in the sticks". Great as a refresher.. easily accessible details (quick reference) when you don't have time .. I put it in my glove container to have readily available for any emergencies whilst travelling. It's easy to forget things in nerve-racking situations so it's wonderful to have this for reference. I liked reading through it brushing up on medical knowledge.. I'd definitely recommend it! The biggest issue may be the best spot to store everything I was searching for a book to be accessible after our future 7.0 earthquake on the Hayward fault. This fits the bill. I've no idea exactly what will survive but I have a lot of first aid: house, cars, garage area. The biggest issue is the best place to store everything. I also decided to quit trying to displace food every year or so and went with 30-year freeze dried. For the information it has. Five Stars Hope to never have to use it, but am prepared must i have to...now but we will have. Compact book for medical kit Perfect for my first aid kit, have to have a manual for in house daycare.



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