

VERTICAL AID



ESSENTIAL WILDERNESS MEDICINE
FOR CLIMBERS, TREKKERS,
AND MOUNTAINEERS

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Vertical Aid: Essential Wilderness Medicine for Climbers, Trekkers, and Mountaineers



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Researched and produced by professional healthcare companies and alpinists, the reserve includes useful illustrations of common procedures and best practices, making it a practical and essential companion on any climbing, trekking, or alpine trip. The risk of danger is usually ever present, and professional medical help is often a long way away. Vertical Medicine Assets is a famous climbing organization providing medical training and discussion. In Vertical Aid, they have produced probably the most complete guideline available for controlling both emergencies and chronic injuries sustained during climbs. A climbing medication and wilderness first aid guidebook from a team of proven professionals Climbing and mountaineering attracts millions of people around the world each year, but produces a distinctive set of issues. It is replete with real-world-tested strategies, evidence-based medicine, and proven techniques. 50 b&w line drawings Using its unique combination of authoritative medical info and specific attention to the climbing environment, Vertical Aid is poised to become an authoritative source for each and every climber, on every climb. The diverse author group combines an EMS and crisis physician, a nurse, a physician associate, and a nurse-trainer, who collectively have got a profound depth of climbing, educational, and medical experience.



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Though I have the print duplicate, I may buy a kindle duplicate to keep on my phone and consider with me to the crag. Finished reading Vertical Aid following loading it about Kindle. Great function Vertical Medicine Assets! While there are a variety of books that discuss climbing accidental injuries, this is the greatest of the bunch. I started downloading ebooks a couple of years ago because my love for books overwhelmed my shelf space. The tick details was wonderfully timely as I've pulled 6 off of me this season already. The mention of Hans Kraus was a treat as he is one of less popular heroes of early climbing and medication. I could do not delay - on about the quality of this publication. I especially enjoyed the section discussing a critical thinking approach to spinal injury. Vertical Help however is one that I am ordering a hard copy of today. Its awesome. Five Stars Very well written, very helpful book. It addresses overuse injuries really well. While there are a variety of books ... Great Resource Great resource! The most updated medical information related to mountain travel. Super useful. The various other thing that stands out is that is written specifically for climbers and targets things like pulley accidental injuries and ankle breaks. It also has a pretty detailed section on skin problems like split suggestions/worn ideas and a section on common ailments in Nepal, the Andes, how to call for a helicopter, etc. Superb resource for mountain travelers. Super useful. Covers a wide range of potential issues, and delves into their unique factors for the mountain environment. Medical care for the climbing trekking crowd This is an incredible resource for guiding backcountry medical care and more. An easy task to maneuver credited to well thought out organization of chapters.



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