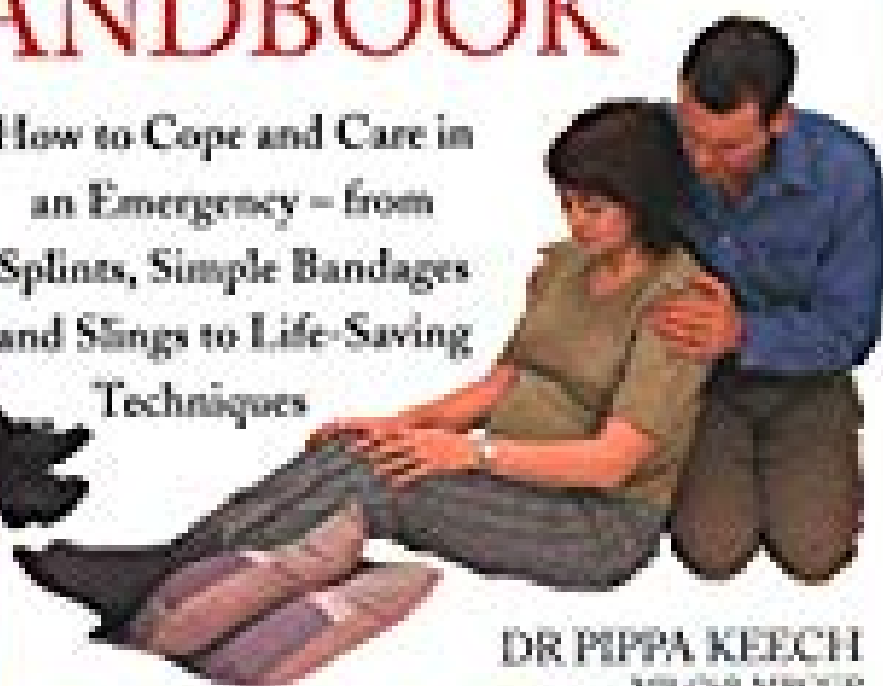


THE COMPLETE

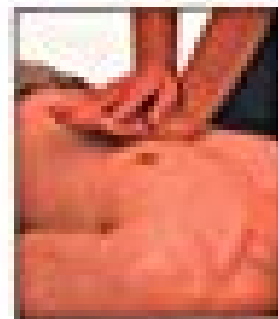
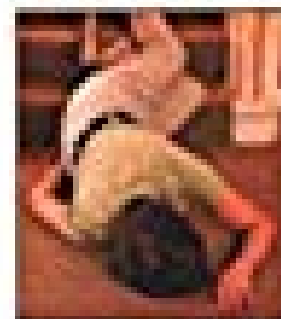
FIRST AID

HANDBOOK

How to Cope and Care in
an Emergency – from
Splints, Simple Bandages
and Slings to Life-Saving
Techniques



DR PIPPA KEECH
MB CHB MRCP



Pippa Dr Keech

The Complete First Aid Handbook: How To Cope And Care In An Emergency - From Splints, Simple Bandages And Slings To Life-Saving Techniques



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Fast and effective crisis care: expert easy-to-follow information with step-by-step methods shown in 900 photos. It provides up-to-date details on the safest and least difficult methods to prevent and cope with all kinds of complications and emergencies, with chapters covering unique life-saving techniques, problems specific to infants and small children, outdoor safety, strategies for energetic hobbies or going abroad, how to prevent accidents and dangerous medical situations, as well as a lead to complementary therapies and alternate treatments. It covers all the basics you need from how exactly to cope and care in an emergency including splints, basic bandages and slings, to life-saving methods. This authoritative manual provides all the safe, accessible and reliable medical information you will need together into one helpful volume. Understanding first aid is an essential skill that everyone should expert, and this book may be the perfect guide. Designed to assist you to assess, recognize and deal with medical emergencies of most kinds swiftly, calmly and effectively, the book deals at length with every level of issue, from sickness and headaches to significant incidents, with particular chapters on everyday healthcare and life-saving techniques for babies and small kids.



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