

"An essential resource..."

—RICHARD N. FOGOROS, MD,
wellbeing and Guide to Heart Health at About.com

A COMPREHENSIVE GUIDE FOR EVERY HOUSEHOLD

LIFE'S little EMERGENCIES

A HANDBOOK FOR ACTIVE INDEPENDENT
SENIORS AND CAREGIVERS

- Quick decision guides in each chapter help you decide when to call 911
- Photos illustrate first aid and prevention techniques
- Includes tips on fall prevention and getting help when alone
- Lighthearted and friendly because nothing hurts like a smile
- Contains examples of what to do in real-world emergencies

by BOB BROUSARD,
IRA, EMTP



Rod Brouhard

Life's Little Emergencies: A Handbook for Active Independent Seniors and Caregivers



[continue reading](#)

This is the first aid book you'll want to read from cover to cover. Written in basic English with a touch of humor Life's Small Emergencies is a thorough medical crisis handbook for energetic independent seniors and caregivers as well. Life's Small Emergencies is written by a paramedic rather than doctor. It provides real life tips on responding to unforeseen medical emergencies using contemporary techniques. Filled with practical, apparent, and easy-to-understand assistance, this publication prepares any home with older members for any medical emergency. More than just a medical book, it includes ideas to be prepared for all types of emergencies, from personal illness or injury completely up to main disasters. The medical portion of the book covers approaches for conditions common to senior citizens: skin tears, fractures, and dehydration to mention just a couple. Life's Small Emergencies has guidance on when to attain out for help and how exactly to look after oneself. it's for taking care and attention of yourself with today's tools and incorporates 911 and emergency medical services. It also discusses life-saving techniques like CPR, bleeding control and the Heimlich Maneuver for all ages, not just seniors. This isn't a publication for backpacking in the Himalayas;



[continue reading](#)

!Stick to Your GutAll Emergencies AREN'T Created EqualShould I NOT Call? Knocking the
NogginTraumatic Mind InjuriesWhat a Pain in the NeckOn the Internet15... if he decides to utilize it. That
isn't the fault of the publication though. Best purchase I've ever made Best purchase I've ever made. All
seniors must have this publication. Breathing TroublesWhat to Do for Shortness of Breath at
HomeAsthmaCOPDAnaphylaxis (Allergic Reaction)Pulmonary EdemaPneumoniaOn the Internet20. Am
very pleased- use this supplier again. great handbook Super info to help you thru those moments we
weren't ready for; however now will be even more prepared to face. Great Manual FOR JUST ABOUT
ANY Home I received this book several weeks ago and have been reading and sampling its chapters
thoroughly ever since.As you see from the desk of content is an extremely complete reference. It's a
reference publication that in lots of ways a lot of us will tend to toss apart until we really need it. If you
really ever do want this book rest assured you will be able to easily research and find your emergency
readily. Rob Brouhard does a nice job along with his chapters and index to make it easy to zero in on your
particular boo boo. Is usually This an Emergency? I like the truth that this reserve is written by a
paramedic. The author explains what to anticipate when you contact 911 and what details the 911 contact
taker needs. There's just not too much they will miss for sure. I found Brouhard's knowledge and humor
to be extraordinary and articulate throughout. Just about the only thing I would criticize about this
publication is its apparent immediate marketing to seniors.. Trust me when I let you know that by far the
majority of the emergencies covered in this book can happen to anyone of any age group, including lazy
seniors rather than so independent types. But that intentional path will not diminish its being a very well
written, easy informative reserve that no home should truly be without. It'll make an excellent addition to
any home reference library, and simply may serve to save your daily life some day. Recommend.. The title
of the reserve is normally underlined with "a handbook for energetic and independent seniors and
caregivers". :) This book belongs atlanta divorce attorneys home!Will it be used?! Rod Brouhard has
written a thorough and valuable guide to help in dealing with emergencies of all amounts.)On the
Internet2. Never to take anything from any book like this being created by a health care provider, but
there is no question that a paramedic sees and must treat just about everything as it pertains emergency
situations. I recommend "Life's little emergencies". Preparing for natural disasters is also discussed.
Twisters, Earthquakes, and Other Bad DaysThe Fundamental NeedsStocking the ShelvesEmergency
Drinking water SupplyEmergency Food SupplyEmergency ShelterMaking a crisis Evacuation KitI Think
I'll Stay Home because of this OneDisaster Survival at HomeWhat to accomplish If You Didn't
PrepareBurning Down the HouseFloodsOn the Internet29. Mr. Brouhard gives useful and sound
assistance for what's needed for survival. In addition, he provides charts for listing medications and a fire
escape grid. Breaks and SprainsR.That is an important book- both as an initial aid guide and as a way to
obtain reference. I intend to maintain it close. Mighty Neighborly of YouNo Good Deed Goes
UnpunishedOn the Internet8. A go-to reference for any emergency big or small "Life's small
emergencies" is a reference compiled by a paramedic with twenty years of experience responding to 911
calls. The author gives practical yet easy to follow suggestions for a variety of medical emergencies from
simple to important. This is a kind of book that each home should have. It covers everything: from how to
treat basic cuts, burns and bites to when to contact 911. I am not sure why the writer aimed this
publication at seniors, I think it would be beneficial to anyone and everyone!To provide you with a good
idea how comprehensive this book here is the table of content:SECTION I. GETTING Began1. As soon as
you are there, understand that Rob doesn't draw any punches when it comes to informing you that you
are either in a significant situation that requires a 911 call, or, rest easy and browse the reserve and stick
to the directions and you simply may be able to prevent your neighbors searching the windows to observe
all flashing reddish lights. This was an excellent book, we gave it to my Father-In-Law since it would be
ideal for him.Who You Gonna Contact? (More Importantly,Who's Gonna Arrive? The book is filled with

valuable information about situations that require a 911 call and also those circumstances where alternatives may be considered. The 411 About 911 What to anticipate From 911 Tips to find the Help You Want 911 on the run: Cell Phones Other Ways to Call for Help On the Internet 3. All Choked Up Infant Choking On the Internet 10. A Medical History of Me (That's You) Need to Know or Nice to Know? Brain Matters: Confusion and More Strokes Diabetes and Low Blood Sugar Seizures On the Internet 19. Oh, What a Pill Storing Medications Even If the Cops Are Pounding on the Door, Don't Flush the Drugs Stopping a Drug Can Be as Dangerous as Starting One Common UNWANTED EFFECTS for Drugs YOU MAY BE Taking On the Internet SECTION II. When Chest Discomfort Makes a Paramedic Nervous What to Do WHEN YOU HAVE Chest Pain Other Medicines for Upper body Pain On the Internet 21. Caring for Burns To Call 911 or Never to Call 911? We received this book free of charge from LibraryThing Early Reviewers and I provide this review of my own free of charge will. Doing CPR Adult CPR Child CPR Infant CPR CPR Training On the Internet 9. Gearing Up Smoke and Carbon Monoxide Detectors Fancy Lifesaving Gear On the Internet 4. Managing Bleeding Bloody Noses Severe Bleeding and Shock On the Internet SECTION III. INJURIES AND ILLNESSES 11. As I read the reserve I discovered that I could have handled some small emergencies better, and will be keeping this handbook readily available for future reference. I HAVE NO IDEA Where to Start! Headache Blurry Vision Earache Swollen Tongue/Problems Swallowing Weakness or Numbness Night Sweats or Cold Sweats Nausea and Vomiting Pain On the Internet 12. Your Personal Mask First On the Internet 7. Treating Minor Burns On the Internet 13. Dressing Cuts and Scrapes Do I Need to See a Doctor? See You Next Fall On the Internet 14.. Have a Nice Trip; Care and Washing of Your Wound Infected Wounds What About Hydrogen Peroxide? We. He makes it easy for the reader to understand the significance of recognizing lifestyle threatening situations and to follow one's instincts- under no circumstances hesitate to call 911- "follow your gut". Blisters Skin Tears Pressure Sores Bruises On the Internet 16. C.E. Touring Safely Where to Turn in an Emergency on the Go Motion Sickness On the Internet I was provided an assessment copy of the book. Getting Too Hot Heatstroke Heat Exhaustion Dehydration On the Internet 25. What things to Include on the Medical History of Me Where to Keep Your Medical History of Me Keep Your Medical History of Me Low-Tech Don't Get Scammed Putting It on ICE Your Wishes for the Worst-Case Scenario On the Internet 5. Arrived quickly and was in extremely good shape. Is That Chest Pain, or Is Someone Sitting on My Upper body? SAVING LIVES 6. Abdominal Pains and Lower Back Pain Pancreatitis Gall Bladders and Gall Stones Appendicitis Diverticulitis Peritonitis Kidney Stones Gastroenteritis Lower Back again Pain On the Internet 22. Feeling Faint Dehydration and Shock Psychological Triggers Drugs or Alcohol Pain Heart Signs and Symptoms of Fainting What to Expect After Fainting Fainting Treatment Preventing Fainting On the Internet 23. Attacks and Fevers The Flu Pneumonia Common Colds West Nile Virus Meningitis Shingles MRSA Food Poisoning Urinary Tract Infections Vomiting and Diarrhea On the Internet SECTION IV. SURVIVING THE ENVIRONMENT 24. Slings and Arrows Splinter Removal Impaled Object Impaled Object in the Eye On the Internet 18. Getting As well Cold Frostbite On the Internet 26. Spiders, Snakes, and Various other Critters Creepy Crawly Critters Mosquito Bites Tick Bites Chiggers Don't Let the Bed Bugs Bite Bee Stings Spider Bites Snake Bites Marine Bites and Stings On the Internet 27. Poisons and Poisonings Pesticides Bleach and Ammonia Carbon Monoxide Poisoning On the Internet 28. He provides solid tips about being ready and what to do if you are not really. Dislocations Hip Fractures Broken Ribs Broken Collar bones and Dislocated Shoulders Broken Humerus (It's Not Funny) Broken Wrist Keep THE HANDS and Feet Inside the Ride in All Times On the Internet 17. It really is now a permanent section of my reference library. Although one could sit down and read this cover to cover such as a novel, I doubt many will. Help! In addition, the book also addresses such topics as dealing with cuts, bleeding, breaks and sprains just to name several. Ali Julia review



[continue reading](#)

download free Life's Little Emergencies: A Handbook for Active Independent Seniors and Caregivers pdf

download free Life's Little Emergencies: A Handbook for Active Independent Seniors and Caregivers djvu

[download Balanced Days, Balanced Lives: Eight Guiding Truths for Lifelong Weight Control and Nutritional Balance ebook](#)

[download free 7 Years Younger: The Revolutionary 7-Week Anti-Aging Plan djvu](#)

[download free Ketogenic Diets: Treatments for Epilepsy and Other Disorders pdf](#)