

First Aid Manual



REVISED  
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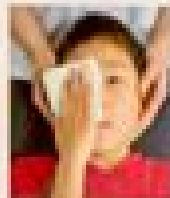
St John  
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British Red Cross

# FIRST AID MANUAL



WRITTEN AND AUTHORISED BY THE  
UK'S LEADING FIRST AID PROVIDERS

# First Aid Handbook

**Michelle Fiddian**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **First Aid Handbook:**

American Medical Association Handbook of First Aid and Emergency Care Italo Subbarao, Jim Lyznicki, American Medical Association, James J. James, 2009 Explains what to do in a medical emergency offering the latest information and instruction in CPR the treatment of sports injuries what to do and expect in an emergency room and when to call for help

**First Aid Handbook** Anita Kerwin-Nye, 2004

**First Year First Aid** Michelle Fiddian, 2015-01-05 An empowering book for all new and expecting parents covering emergency first aid in the first year of life It gives easy to follow tips to remember for most accidents as well as illnesses so parents can be prepared for the most common emergencies that occur within the home This book is an essential tool for every responsible parent Knowing what to do in an emergency is a frightening topic but this book is not scary It will dispel myths and enlighten This book is designed with parents in mind written by a parent who has a background in extensive first aid training and first hand experience as a mother The anecdotes quotes and practical advice written in a light manner will make this book a pleasure to read and the perfect gift Michelle Fiddian has 13 years of industry experience 6 years as a call taker at the Triple Zero 000 Ambulance Service 2 years as a first aid trainer for major organisations such as St John Ambulance and 5 years running Little Aid since she started it in 2008 Michelle's previous experiences highlighted two problems 1 even when first aid trained people often don't know how to deal with a paediatric situation The most hysterical calls she received through Triple Zero were from parents of little ones They were losing control and feeling helpless at a time that their child needed them most 2 The first aid training available wasn't relevant to babies and children Michelle started Little Aid first aid courses to address these problems and the training focus has three key elements empowerment flexibility and fun First Year First Aid has been written to accompany quality first aid training and has exactly the same focus

**The Official Us Marine Corps First Aid Handbook** Us Marine Corps, 2017-08-15 Make the Difference Between Life and Death FULL SIZE FORMAT biggest edition available anywhere giant 8.5 x 11 size means large clear print and pictures Created and trusted by U.S. forces to save lives from traumatic injury under the most adverse emergency conditions Complete SHOULDER ELBOW HAND LEG KNEE FOOT FRACTURES SIGNS SYMPTOMS IMMOBILIZING SPLINTS PADDING BANDAGES SLINGS SWATHES SPLINTING SUSPECTED FRACTURES DIFFERENT KINDS OF FRACTURES CLIMATIC INJURIES HEAT INJURIES COLD INJURIES BITES STINGS SNAKES SNAKEBITES HUMAN ANIMAL BITES MARINE SEA ANIMALS INSECT ARTHROPOD BITES STINGS NUCLEAR BIOLOGICAL OR CHEMICAL NBC FIRST AID CLASSIFICATION OF CHEM BIO AGENTS MASKING RESPONDING TO CHEMICAL ATTACK NERVE AGENTS SYMPTOMS OF NERVE AGENT POISONING FIRST AID FOR NERVE AGENT POISONING BLISTER AGENTS CHOKING LUNG DAMAGING AGENTS CYANOGEN BLOOD AGENTS INCAPACITATING AGENTS INCENDIARIES TOXINS NUCLEAR DETONATION PSYCHOLOGICAL REACTIONS FIRST AID FIRST AID CASE KITS DRESSINGS BANDAGES RESCUE TRANSPORTATION PLANNING HANDLING MEDEVAC GLOSSARY REFERENCES INDEX Please note

this publication MCRP 3 02G FM 4 25 11 has been replaced in some uses by TC 4 02 1 However many individuals and units prefer to retain this version as it is a full profusely illustrated medical first responder s handbook whereas TC 4 02 1 is designed to cover similar ground without illustrations and in less detail to occupy less space If you would like to compare the two and decide which is appropriate for your needs please search for ISBN 197462837X The Official US Army First Aid Guide Thank you Search for CARLILE MILITARY LIBRARY to find more TOP FLIGHT SQUARED AWAY publications for your professional bookshelf Published in the U S A by CARLILE MEDIA Information purposes only First Aid Handbook - Crucial Survival Skills, Emergency Procedures & Lifesaving Medical Information Department of the Army, Department of the Navy, Department of the Air Force, 2023-12-12 Whether you are faced with an open wound an airway obstruction a head injury a fracture or a snakebite this book will teach you how to help yourself or save somebody s life Here you will find thoroughly explained and easy to follow first aid measures for all types of casualties Be prepared to act in a split second when emergency occurs Content Fundamental Criteria for First Aid Understanding Vital Body Functions for First Aid Terminology Basics of First Aid Evaluating Causality Basic Measures for First Aid Open the Airway and Restore Breathing Breathing Process Assessment of and Positioning the Casualty Rescue Breathing Artificial Respiration Mouth to Mouth Method Mouth to Nose Method Heartbeat Stop the Bleeding and Protect the Wound Entrance and Exit Wounds Manual Pressure Digital Pressure Tourniquet Check for Shock Causes and Effects Signs and Symptoms Specific Injuries Head Neck and Facial Injuries Chest Wounds Abdominal Wounds Burn Injuries Dressings and Bandages Fractures Signs and Symptoms Splints Padding Bandages Slings and Swathes Upper Extremity Lower Extremity Jaw Collarbone and Shoulder Spinal Column Neck Climatic Injuries Heat Injuries Cold Injuries Bites and Stings Snakes Human or Animal Bites Marine Animals Insects Nuclear Biological and Chemical Environment Classification of Chemical and Biological Agents Conditions for Masking Signs and Symptoms Background Information on Nerve Agents Blister Agents Choking Agents Lung Damaging Agents Cyanogen Blood Agents Incapacitating Agents Toxins Nuclear Detonation Psychological Reactions Situations Requiring Psychological First Aid Respect for Others Feelings Emotional and Physical Disability Combat and Other Operational Stress Reactions Severe Stress or Stress Reaction Reactions and Limitations *The First Aid Handbook* ,1997 **The First Aid Handbook** Archibald Ward Gardner, Peter James Roylance, 1968 **First Aid Handbook** Pippa Keech, 2006-06-12 How to cope and care in an emergency from splints simple bandages and slings to life saving techniques *American Medical Association Handbook of First Aid and Emergency Care* ,2009 Synopsis The ultimate first aid handbook from the experts The AMA Handbook of First Aid and Medical Care is the go to reference for emergencies that no home will want to be without Full of practical clear and easy to understand advice this resource ensures that every household is prepared for any type of medical situation Includes line drawings and instructions to help people through emergency situations as well as a medical information chart that everyone should have on hand Includes information on First aid procedures CPR positions When to

call a doctor Disaster preparedness What to do in the emergency room Sports injuries The American Medical Association is the world's most respected and renowned authority in medicine Founded in 1847 it is the largest and most prestigious professional association for doctors in the United States The AMA is also the publisher of the acclaimed medical periodical JAMA which features groundbreaking medical research studies

**Handbook of First Aid and Emergency Care, Revised Edition** American Medical Association, 2013-12-18 How to use this book When a medical emergency strikes what you do can mean the difference between life and death The American Medical Association Handbook of First Aid and Emergency Care Revised Edition gives you all the information you need quickly easily clearly so that you can make the difference Key features include the most up to date emergency care information the newest CPR positions and techniques to be used on infants children and adults first aid and lifesaving techniques you can practice so you're prepared when an emergency strikes injuries illnesses and medical emergencies an alphabetical listing to help you find the information you need quickly easy to follow instructions and clear line drawings that walk you through each step what happens in the emergency room knowing when to call your doctor or the hospital and what information to have ready sports injuries treatment and recovery especially for the amateur school or weekend athlete a chart to be filled in for each family member to list medical information such as allergies and immunizations to have on hand for emergency situations a comprehensive index with complete listings by subject and symptom for fast reference

The Wilderness First Aid Handbook Grant S. Lipman, 2013-08-13 The Wilderness First Aid Handbook is a handy quick reference guide easily accessible with basic wilderness first aid knowledge but it does not require advanced degrees or experience with medicine and prehospital care Recognizing that certain knowledge and procedures are outside the scope of a layperson's training Dr Grant Lipman limits the use of technical terms and advanced techniques that may be unfamiliar to some readers or beyond their comfort zone This system based easy to follow guide assists the first aid provider when encountering most wilderness emergencies from cold and heat concerns and blister treatments to high altitude illness and lightning injury prevention and much more Typically the most challenging decision in the wilderness environment is when to evacuate a sick or potentially sick person and as such each section has detailed decision making steps to inform you of when to be concerned and when to get out This guidance is based upon the recent evidence based consensus statement published by the Wilderness Medical Society on the scope of practice of wilderness first aid Filled with original full color artwork illustrating the techniques and procedures described and with internal spiral binding and waterproof pages handy for travel into extreme environments The Wilderness First Aid Handbook is a must have for every back pocket or backpack

**First Aid Handbook** Pippa Keech, 2004 A comprehensive illustrated guide to administering first aid to emergency victims in all types of situations

*Outward Bound Wilderness First-Aid Handbook* Jeffrey Isaac, 2013-01-01 It is critical for backcountry travelers to have the ability to handle dangerous situations when they occur This includes a logical commonsense approach to injury and illness that takes into account the unique aspects of the

wilderness setting This comprehensive reference book based on the Wilderness Medical Associates curriculum clearly explains essential diagnostics and first aid procedures necessary for wilderness injuries including general principles in wilderness medicine basic life support medical supplies wilderness travel and the newest first aid methods for outdoor situations It is an essential reference for anyone headed into the great outdoors **The Complete First Aid Handbook** Pippa Keech,2004 **The Official US Army First Aid Guide - Updated Edition - TC 4-02. 1 (FM 4-25. 11 / U. S. Army,2017-09-07** MAKE THE DIFFERENCE BETWEEN LIFE AND DEATH Updated current 2017 edition the indispensable field manual for preppers hunters campers outdoorspeople and more FULL SIZE FORMAT biggest edition available anywhere giant 8 5 x 11 size means large clear print and pictures Created and trusted by U S forces to educate military personnel and save lives from traumatic injury under the most adverse emergency conditions ESSENTIAL PREPAREDNESS for every home business bag cabin RV aircraft and auto Batteries last hours books last decades Get the print edition IMPORTANT unlike most other editions available this is NOT the basic outdated FM 21 11 this is the completely overhauled TC 4 02 1 in a large size 8 5 x 11 format COMPLETE AND UNABRIDGED This edition supersedes the old FM 4 25 11 and older FM 21 11 The fate of the wounded rests in the hands of the ones who apply the first dressing Nicholas Senn 1898 49th President American Medical Association When disaster strikes and medical personnel are not readily available it is the knowledge and behavior of the non medical people present that save lives Use this book to teach yourself and those around you both self aid and aid to others buddy aid Above all this book provides the tools you and your comrades require to promptly and effectively sustain life and minimize suffering and disability This indispensable book is essential preparedness for every home business and vehicle INCLUDES FUNDAMENTALS OF FIRST AID TERMINOLOGY VITAL BODY SYSTEMS GENERAL PRINCIPLES OF FIRST AID COMBAT AND OPERATIONAL STRESS REACTION EVALUATING CASUALTIES OPENING THE AIRWAY AIRWAY OBSTRUCTIONS FIRST AID FOR AN OPEN CHEST WOUND FIRST AID FOR A BLEEDING EXTREMITY FIRST AID FOR BURNS PREVENTING CONTROLLING SHOCK FIRST AID FOR NERVE AGENT INJURY FIRST AID FOR BITES AND STINGS FIRST AID FOR HEAT ILLNESS FIRST AID FOR COLD INJURY RIGID SPLINTS RESCUE BREATHING EXTERNAL CHEST COMPRESSIONS HEAD INJURIES ABDOMINAL INJURIES IMPALEMENT INJURIES USE OF ELASTIC BANDAGES USE OF SLINGS AND SWATHES TREATING A CASUALTY FOR SNAKEBITE TREATMENT FOR ANAPHYLACTIC SHOCK TRANSPORTING CASUALTIES FIRST AID FOR LACERATIONS OF THE EYELID FIRST AID FOR FOREIGN BODIES ON THE EYE FIRST AID FOR EXTRUSIONS OF THE EYE FIRST AID FOR CHEMICAL BURNS OF THE EYE IMPROVED FIRST AID KIT GLOSSARY REFERENCES INDEX Please note this publication replaces the older FM 4 25 11 MCRP 3 02G and provides readers with a more condensed First Aid manual that they can read more quickly and store anywhere due to its lower page count and condensed nature However the older manual is still in use in some quarters and if you prefer a larger First Aid manual please search for ISBN 197460599X The Official US Marine Corps First Aid Handbook

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