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It is ideal for people who are more likely to need to use first aid, e.g. if you play sports, enjoy travelling, commute regularly or care for a relative. This one day course is for anyone aged 16+ who wants to learn first aid for adults. It covers a range of life-saving skills such as unresponsiveness, heart attack, choking and seizures.

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From minor cuts and burns, to heart attacks and strokes, this handy, take-anywhere guide gives you the knowledge and advice you need to recognize and respond to any medical emergency. Be prepared for any medical emergency and handle it safely and efficiently with The Complete First Aid Pocket Guide. Quickly identify signs and symptoms of a wide range of medical conditions and learn how to recognize the difference between a minor injury or illness, and those that are more serious with this essential handbook. Each section of The Complete First Aid Pocket Guide includes a quick list of signs and symptoms to look for and step-by-step first aid instructions for dealing with each situation, all in user-friendly, simple language that 's easy to understand. Medical issues covered include: —First aid basics, including roles and responsibilities of a first aider, managing an incident, activating emergency services, and infection control —Lifesaving skills including the recovery position, cardiopulmonary resuscitation (CPR), and use of an automated external defibrillator (AED) —Minor injuries and conditions,

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including soft tissue injuries, splinters, blisters, eye injuries, nosebleed, diarrhea, and vomiting —Traumatic injuries including severe bleeding, amputation, shock, fractures, crush injuries, burns, and head and neck injuries —Medical emergencies including heart attack, stroke, asthma, anaphylaxis, hypoglycemia, meningitis, seizures, poisoning, and emergency childbirth —Environmental conditions including hypothermia, frostbite, heat stroke, sunburn, and lightning strike —Pediatric emergencies and illnesses, including assessing an unresponsive child or baby, pediatric cardiopulmonary resuscitation (CPR), choking, croup, and febrile seizures —First aid kit lists for home, vehicles, and outdoor use With an appendix featuring an A-to-Z list of every condition covered, it ' s easy for you to quickly find the exact information you need in any situation you may face. With its small trim and portable size, The Complete First Aid Pocket Guide is the perfect addition to a home first aid kit, car first aid kit, disaster-survival bag, as well as a pocket companion for EMTs and other first responders in the field.

Rev. ed. of: First aid/CPR/AED for schools and the community. 3rd ed. c2006.

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Survival Medicine Kit: (FREE Bonus Included) First Aid Skills and Medications Every Prepper Should Know There is no blunter way to say it; knowing the first aid basics can quite literally save your life. If you are out in the wilderness, hiking or camping, knowing how to splint a broken leg or stem the flow of blood can give you vital minutes that you need to get professional medical assistance. When you are far from help and all you have is the kit you packed, having a well-equipped first aid kit is of paramount importance to the survival of yourself and those with you. It is astonishing to believe that many hikers, preppers and roamers fail to grasp the basics of what is needed in a first aid kit. A first aid kit is more than just a pack of aspirin and some band aids. A first aid kit should prepare you for any eventuality and any possible injury. As modern technology evolves, so too does the equipment that we can add to a first aid kit. This book aims to show you some basic techniques to treat injuries on yourself and others when professional medical assistance is not available. We will also look at what is needed in a first aid kit in order to give you or your patient the best chance of survival. Download your E book " Survival Medicine Kit: First Aid Skills and Medications Every Prepper Should Know " by scrolling up and clicking "Buy Now with 1-Click" button!

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Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Survival Medicine Kit: (FREE Bonus Included) Gold Collection Of First Aid Skills And Medications For Your First Aid Kit We live in a world in which medical help is only a phone call away. No matter what your emergency, there is going to be a team of professionals on the way as soon as you need them to be, and they are going to be able to address your emergency and any trouble you may be having without a question. This is a wonderful time to live in - but it is not a time in which we are able to be lazy. There are still times when you need to know how to act, and how to draw on your own skills in order to do what is right - and potentially save a life. It is impossible to know what to do without the proper training - and you know if you are going to get the proper training, you are going to have to find the information yourself. And that's where this book comes in. In it, you are going to discover a whole world of medical techniques and first aid advice, and you are going to learn just what you need to do in any situation that could come your way. From the basic emergencies to what you should do in the major ones, this book is going to be your key to success, every time. There's no end to the ways you could find your medical knowledge to be useful, and this book is going to show you how. It doesn't matter what your medical knowledge is, this book is going to give you everything you need to know to be successful, guaranteed. So are you ready to give yourself that peace of mind? All it takes is a bit of knowledge and crucial skills, and you are going to have what it takes to be a hero, no matter what. Learn the crucial skills you need to handle a variety of situations Be smart and prepared for anything that could come up Use your skills to help others and heal injuries Be prepared in every sense of the word, every time you need And much, much more! Download your E book "Survival Medicine Kit: Gold Collection Of First Aid Skills And Medications For Your First Aid Kit" by scrolling up and clicking "Buy Now with 1-Click" button!

"My Feelings First Aid Kit" is a program that equips students with a variety of coping skills and strategies to help them in real life situations. Each item in the kit

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represents different approaches to help them solve problems and be mentally health and strong. This program can be used as a preventive measure, and also as crisis intervention for students. Students are given tools and skills to help them self-asses and to find a coping strategy that works best for them. Pre-literate versions of student activity pages are provided. Coping skills and other techniques include: self-regulation, self-calming strategies, self-assessment, confidence building, examining healthy habits, relationship skills, setting healthy boundaries and expectations, grounding, positive self-talk, affirmations, breathing techniques, visualization, relaxation techniques, self-care, goal setting, and asking for help. Many resources are available so this program can be tailored for individuals, groups, classes, and even assemblies. Teachers, counselors, and therapists can use the tools to reinforce skills after whole group lessons have been taught. Students can have ownership and practice self-regulation with pocket versions, engaging home assignments, coloring pages, and ongoing reinforcement of skills. Facilitators of the program can teach the lessons in any order, depending on the needs of the students. For example, for a summer program four or five skills can be focused on, depending on the needs of the students and time constraints. The Pre Test can be used to identify areas of need. Resources for the Facilitator: the Program Overview, Lesson Plans, PowerPoint Presentation, and Large Cut Outs that can be laminated. Resources for Students: the Overview Page, Pre and Post Tests, Student Activity Pages (regular and Pre-Literate versions), Coloring Pages, and Pocket Version. Suggested Uses: the Overview Page, Student Activity Pages, and Coloring Pages can be arranged into a packet, stapled or put into a folder so students can keep of their "Kit" together. Coloring Pages on the front and Activity Pages on the back, in order the facilitator would like to cover the lessons. The Pocket Version can be cut out and kept with the students to help them self-regulate. A laminated set of the Pocket Version can be kept in a cool-down corner, or with the classroom teacher or counselor to use as a non-verbal cue for the student to self-assess or to try a different strategy. Lesson Plans: Detailed lesson plans cover each item in the kit in an explicit, step by step format. Standards are based on the American School Counselor Association National Standards for Students. Lessons can be tailored to fit any time frame, depending on the depth of discussion and amount of practice with skills. Suggested use is 12 lessons, 30-60 minutes each. Pre Test Introduction to "My Feelings First Aid Kit" Ten Lessons for the items in the kit: Band aid = heal your feelings Sunscreen = protect yourself Vitamins = make yourself stronger Gloves = setting boundaries Ace Bandage = keep it together Thermometer = check your anger/emotional level Ice Pack = strategies to cool down Mirror = knowing your strengths and weaknesses Notepad = setting goals, writing notes Phone = call for help when you can't handle it, know your resources Post Test NOTE: The font used for student activity pages is a dyslexia-friendly font called Open Dyslexic. You can download it and use it for free from <https://opendyslexic.org/> All images are original, commissioned artwork owned by Danielle Butts.

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"For people who want to develop their bushcraft skills and survive outdoors, this book provides information for treating injuries and illness while in the wild. It includes tips and information on how to use typical outdoorsman items in case of a medical emergency or survival situation"--

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