



Outdoor Medical Emergency Handbook: First Aid for Travelers, Backpackers and Adventurers

Campbell Mackenzie

[Download now](#)

[Read Online](#) 

Outdoor Medical Emergency Handbook: First Aid for Travelers, Backpackers and Adventurers

Campbell Mackenzie

Outdoor Medical Emergency Handbook: First Aid for Travelers, Backpackers and Adventurers

Campbell Mackenzie

"An essential and important guide for anyone of any skill level planning to spend quality time outdoors." " -
- Chicago Tribune

"Outdoor Medical Emergency Handbook" provides easy-to-follow comprehensive advice on how to prevent, treat and care for illnesses and injuries while away from immediate medical response. Using accurate drawings and a step-by-step format, the authors describe how to effectively assess a situation and what actions to take. The logical design of the book helps readers find the information they need quickly to address the most critical medical emergencies wherever they may occur.

This revised edition incorporates the latest developments in technology and emergency procedures, specifically: ALS (Advanced Life Support) and ATLS (Advanced Trauma Life Support) protocols to reflect changes made by international resuscitation authorities over the past five years Body area trauma and medical illness emergency protocols Drug names to make them internationally applicable Technological references to include smartphones and apps Recommended kit lists to take account changes in medical practice over the past five years.

Other useful emergency tools in the book are a Pain Relief Ladder to assess and treat pain, the Glasgow Coma Scale and AVPU to assess consciousness, the Lake Louise Acute Mountain Sickness Score Chart and a Guide to Commonly Used Drugs.

The "Outdoor Medical Emergency Handbook" is essential equipment for anyone traveling, whether camping with the family or making a solo assault on the Himalayas.

Outdoor Medical Emergency Handbook: First Aid for Travelers, Backpackers and Adventurers Details

Date : Published February 15th 2016 by Firefly Books

ISBN : 9781770857049

Author : Campbell Mackenzie

Format : Paperback 240 pages

Genre : Travel, Nonfiction

 [Download Outdoor Medical Emergency Handbook: First Aid for Trave ...pdf](#)

 [Read Online Outdoor Medical Emergency Handbook: First Aid for Tra ...pdf](#)

Download and Read Free Online Outdoor Medical Emergency Handbook: First Aid for Travelers,

Backpackers and Adventurers Campbell Mackenzie

From Reader Review Outdoor Medical Emergency Handbook: First Aid for Travelers, Backpackers and Adventurers for online ebook

Taylor says

I won this book through goodreads giveaways! It is a very thorough, helpful guide for any situation. I especially loved the guides for medications and edible plants that can be found in each country. It also has a sturdy, water-resistance cover to help it survive in my back pack!

PWRL says

O

Margaret says

I just received this book in the mail today from Goodreads First Reads and I sat and read it all the way through. This book is amazing! It covers everything, and I mean EVERYTHING that you would need to know for medical emergencies no matter where you are! It has a wipe clean cover, so you can take it anywhere. It is full of lists, charts and pictures, but somehow is only 239 pages. What supplies will you need? How do you plan for emergencies? What if you are traveling with children? It covers pretty much every emergency situation that you could possibly encounter for every type of climate on land and sea up to and including death. (It happens. My friend's husband died while they were on a trip. Be prepared!) This book is a must have for everyone whether you are planning a trip or not. The only possible draw back is that it might be a bit heavy for long distance hikers. I did check online though, and it can be downloaded, so get it on your smart phone!

My daughter is a missionary in the mountains of Honduras and will be coming home for a visit in a couple of months. I think she will be taking a copy back with her!
