



Lifes Little Emergencies

By Rod Brouhard

Demos Health. Paperback. Book Condition: New. Paperback. 230 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. This is the first aid book you'll want to read from cover to cover. Written in plain English with a touch of humor, *Lifes Little Emergencies* is a comprehensive medical crisis handbook for active independent seniors and caregivers alike. *Lifes Little Emergencies* is written by a paramedic rather than a doctor. It provides real world tips on responding to unforeseen medical emergencies using modern techniques. This isn't a book for backpacking in the Himalayas; it's for taking care of yourself with today's tools and incorporates 911 and emergency medical services. The first aid section of the book covers techniques for conditions common to senior citizens: skin tears, fractures, and dehydration to name just a few. It also discusses life-saving techniques like CPR, bleeding control and the Heimlich Maneuver for all ages, not just seniors. More than just a first aid book, it includes tips to be prepared for all types of emergencies, from personal illness or injury all the way up to major disasters. *Lifes Little Emergencies* has advice on when to reach out for help and how to take care of oneself. Full of practical,...



READ ONLINE
[7.18 MB]

Reviews

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. You may like just how the article writer compose this ebook.

-- **Prof. Elliott Dickinson**

This pdf may be really worth a study, and much better than other. I could possibly comprehended every thing out of this composed e ebook. You will not sense monotony at anytime of your time (that's what catalogues are for regarding when you check with me).

-- **Elza Gusikowski**

You May Also Like



[Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large](#)

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



[DK Readers Animal Hospital Level 2 Beginning to Read Alone](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...



[DK Readers Day at Greenhill Farm Level 1 Beginning to Read](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



[Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values](#)

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



[The Day I Forgot to Pray](#)

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



[Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One](#)

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...