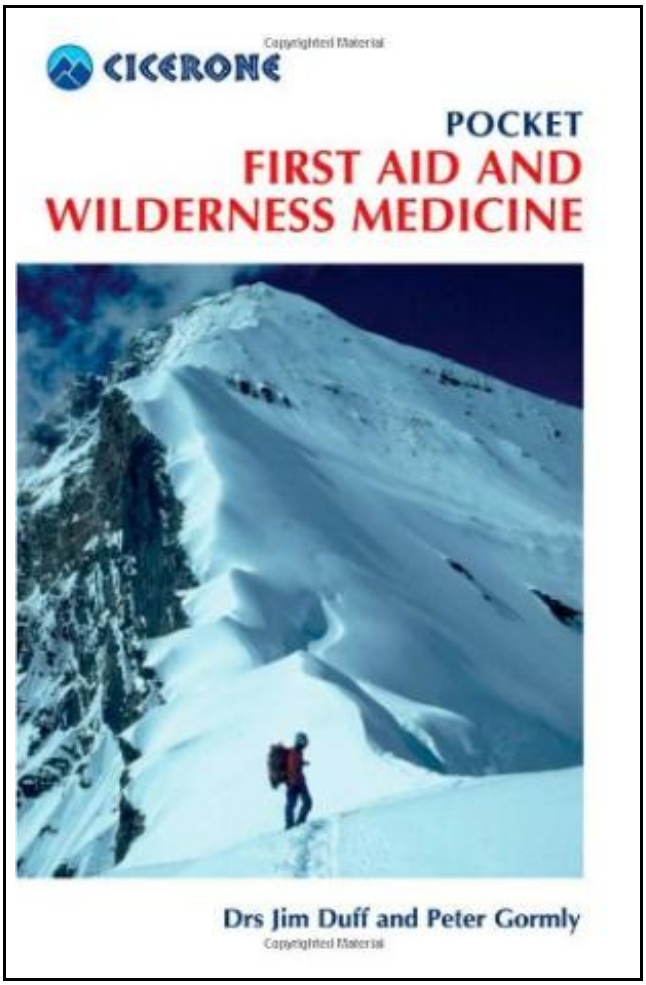
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Cicerone Press. Paperback. Book Condition: new. BRAND NEW, Pocket First Aid and Wilderness Medicine (2nd Revised edition), Jim Duff, Peter Gormly, Written by renowned experts Jim Duff and Peter Gormly, this guidebook describes basic first aid techniques for those travelling in wilderness areas. Deals with fundamentals such as preparation, prevention, first aid kits and the use of medications and painkillers; and provides details on how to deal with a variety of accidents and illnesses. Venturing into remote areas involves a degree of risk. Minimizing these risks, while feeling confident in your ability to deal with any potential injury or illness, is part of the challenge and satisfaction of wilderness travel. This book is divided into 3 parts: Part 1. THE FUNDAMENTALS - preparation, prevention, first aid kits and the use of medications and painkillers. Part 2. ACCIDENT AND ILLNESS PROCEDURE - how to deal with any accident and illness, including emergency treatment for life-threatening situations. Part 3. PROBLEMS AND THEIR TREATMENT - specific accidents and illnesses. The authors' wilderness experience was gained as mountaineers in Scotland, Norway, the European Alps, New Zealand, the Himalayas and Antarctica.

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