



Wilderness First Aid Field Guide

American Academy of Orthopaedic Surgeons (AAOS), Alton L. Thygeson, Steven M. Thygeson, Matthew L. Thygeson

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The Second Edition of the Wilderness First Aid Field Guide meets the Wilderness First Aid Curriculum of the Boy Scouts of America. Wilderness First Aid Field Guide, Second Edition is a user-friendly, pocket-sized guide based on the latest first aid and CPR guidelines. This durable and water-resistant resource features: Essential information for when medical help is more than one hour away How to signal for help, when to evacuate, and recommended first aid supplies “What to look for” and “What to do” tables for injuries and illnesses Prevention advice ranging from altitude illness and bear attacks to lightning strikes and tick bites Heat index and wind chill charts Quick access to contents using an A-Z format The second edition features: Updated CPR and AED content Updated asthma and diabetic emergencies sections New sections on ear and chest injuries, including new information on chest pain Expanded content on bleeding and wound care, including new information on tourniquet use New information on scalp wounds and brain injuries in the head injury section

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