



First Aid Manual: The Authorised Manual of St. John Ambulance, St. Andrew's Ambulance Association and the British Red Cross.

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Fully revised and updated 9th edition: includes changes to resuscitation techniques from first-aid essentials to life-saving procedures, it's worth having someone who knows what they are doing to cope with life's little (and big) emergencies. The latest edition of this best-selling manual, published in association with the UK's three leading first-aid providers, St John's Ambulance, St Andrew's First Aid and the British Red Cross, gives you the knowledge you need instantly if someone falls ill or gets hurt. Live-action step-by-step photographs show you how to treat casualties and over 100 medical conditions and injuries, from minor burns to heart attacks. You can find information on the latest life-saving procedures and resuscitation guidelines as well as basic first aid techniques, like bandaging and applying dressings. Plus, chapters explain what it's like being a first aider, what to do in an emergency situation and how to look after a casualty. You can keep it handy - for home, for work and for leisure.

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