



# The Wilderness First Aid Handbook: 1

*Grant S. Lipman*

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*The Wilderness First Aid Handbook* is a handy, quick-reference guide easily accessible with basic wilderness first aid knowledge, but it does not require advanced degrees or experience with medicine and prehospital care. Recognizing that certain knowledge and procedures are outside the scope of a layperson's training, Dr. Grant Lipman limits the use of technical terms and advanced techniques that may be unfamiliar to some readers or beyond their comfort zone. This system-based, easy-to-follow guide assists the first aid provider when encountering most wilderness emergencies, from cold and heat concerns and blister treatments to high altitude illness and lightning injury prevention—and much more.

Typically the most challenging decision in the wilderness environment is when to evacuate a sick or potentially sick person, and as such, each section has detailed decision-making steps to inform you of when to be concerned and when to get out. This guidance is based upon the recent evidence-based consensus statement published by the Wilderness Medical Society on the scope of practice of wilderness first aid. Filled with original, full-color artwork illustrating the techniques and procedures described and with internal-spiral binding and waterproof pages handy for travel into extreme environments, *The Wilderness First Aid Handbook* is a must-have for every back pocket or backpack.



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