

# First Aid



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It's better to know First Aid and not need it than to need it and not know it. Everyone should be able to perform First Aid, since most people will eventually find themselves in a situation requiring it, either for another person or for themselves. First Aid, Fifth Edition is a dynamic course for those who want First Aid training without the CPR and AED component. Completely revised and updated, the Fifth Edition complies with the 2005 cardiopulmonary resuscitation (CPR) and emergency cardiovascular care (ECC) guidelines.

作者介绍:

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