

# First Aid



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This one-stop practical guide will show you how to give first aid safely and with confidence. It comes in a handy format with colour illustrations and expert advice throughout. This invaluable first aid guide has been compiled by and with the advice of experts responsible for training the emergency services -- fire, ambulance and police -- to ensure its practical focus. It is easy to navigate and comes in a handy package, ready to provide a reassuring back-up when something goes wrong. Whether it is dressing a cut finger or giving the 'kiss of life', the guidance is there to ensure that first aid can be given safely and with confidence. Contents include: first aid basics; life-saving procedures; quick reference for emergencies; first aid equipment you need; how to dress wounds; how to move a victim safely; how to deal with more than 100 specific injuries and situations.

作者介绍:

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