



OUTWARD  
BOUND USA

# WILDERNESS FIRST-AID HANDBOOK

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JEFFREY ISAAC



*Outdoor Skills for Life*  
Fourth Edition

# Outward Bound Wilderness First Aid Handbook

**Richard Light**

## **Outward Bound Wilderness First Aid Handbook:**

**The Outward Bound Wilderness First-aid Handbook** Jeff Isaac, Peter Goth, 1991-01-01 Presents the attitudes necessary for coping with wilderness emergencies and techniques for caring for a variety of illnesses injuries and other situations    **The Outward Bound Wilderness First-Aid Handbook, Revised and Updated** Jeffrey Isaac,    **Outward Bound Wilderness First-Aid Handbook** Jeffrey Isaac, 2013-01-01 It is critical for backcountry travelers to have the ability to handle dangerous situations when they occur This includes a logical commonsense approach to injury and illness that takes into account the unique aspects of the wilderness setting This comprehensive reference book based on the Wilderness Medical Associates curriculum clearly explains essential diagnostics and first aid procedures necessary for wilderness injuries including general principles in wilderness medicine basic life support medical supplies wilderness travel and the newest first aid methods for outdoor situations It is an essential reference for anyone headed into the great outdoors

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**The Outward Bound Wilderness First-aid Handbook** Jeff Isaac, 1998 Treat everything from a sprain to a life threatening injury updated Z99 the latest techniques    *Wilderness Medicine: What To Do When You Can't Call 911* Clifton Castleman, Phil Gardner II, Jennifer Kay, 2016-06-12 Wilderness Medicine What To Do When You Can't Call 911 provides both basic and in depth information on how to recognize treat and manage both common injuries and illnesses as well as life threatening conditions when professional emergency medical care is an hour away or more Designed for those who work or travel in remote locations this comprehensive guide will teach you what to look for what to do in the event of an emergency and then help direct you in the most appropriate type of care This book is used as the course textbook for the Wilderness First Aid Wilderness First Responder and Wilderness EMT classes taught by Center for Wilderness Safety online at [www.wildsafe.org](http://www.wildsafe.org)

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wilderness wisdom natural history and practical know how Illustrations maps photos throughout **North Berkshire Outdoor Guide** Williams College. Williams Outing Club,1999 **Backpacker**,1994-10 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **The Complete Sea Kayaker's Handbook** Shelley Johnson,2001-12-27 The Complete Sea Kayaker s Handbook is a comprehensive guide to the full sea kayaking spectrum bringing a fresh approach and a dynamic voice to the subject Author of the critically acclaimed Sea Kayaking A Woman s Guide Shelley Johnson covers all the bases for beginning to advanced sea kayakers It s all here from selecting the right kayak and gear to preparing and making an extended tour mastering the strokes rolls and exit techniques navigating and much more **The Whole Paddler's Catalog** Zip Kellogg,1997 For canoeists kayakers and rafters Types of paddling boats and gear voyaging health and safety conservation **The Backpacker's Field Manual** Rick Curtis,1998 Designed to be taken on the trail The Backpacker s Field Manual is an in depth handbook that provides backpackers of all levels from beginners to trip leaders with all the essential information they ll need 100 line drawings **CAHPERD/ACSEPLD Journal** ,1997 **Backpacking the Light Way** Richard Light,2015-10-13 You need not sacrifice comfort to enter the world of ultralight backpacking but you do need to change the way you think about gear pack loads and planning Preservation of comfort is the guiding principle of this book Longtime professional outdoor skills instructor Richard Light teaches field tested proven strategies for planning a modular packing system creating gear lists that work navigating the steps required to seriously lighten up understanding the differences in conventional and ultralight thinking dealing with winter conditions packing to minimize frustration assessing risk in the backcountry effective trip planning helps beginners as well as advanced backpackers pack efficiently carry less weight while still being fully prepared Publisher s description **Wilderness EMS** Seth C. Hawkins,2017-10-16 Wilderness EMS is designed for EMS providers and leaders who deliver medical care in the wilderness and those practicing wilderness medicine as part of a formal team The textbook is a comprehensive expertly written reference ideal for this fast changing and multidisciplinary specialty This first of its kind text provides specialized instruction and best practices for wilderness EMS practitioners and students crucial information for the success of today s rescue missions A strong foundation in evidence based medicine clinical experience and field applicability makes it especially useful for any EMS provider in a wilderness environment **Sea Kayaker Magazine's Handbook of Safety and Resc** Doug Alderson,Doug Alderson Michael Pardy,2003-04-09 From two of Canada s premier sea kayaking instructors and the leading magazine of the sport comes the ideal book for any paddler wanting to venture safely beyond sheltered waters This essential handbook shows how to understand weather waves and

currents use emergency communications analyze risk and perform a wide variety of kayak rescues      Outward Bound First Aid Handbook Peter Goth,Jeff Isaac,1994      The Cumulative Book Index ,1999      **The Camper's and Backpacker's Bible** Tom Huggler,Thomas E. Huggler,1995 A reliable and up to date guide to planning a trip choosing tents sleeping bags packs cookware and other essential gear mastering campcraft skills wood lore and much more

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