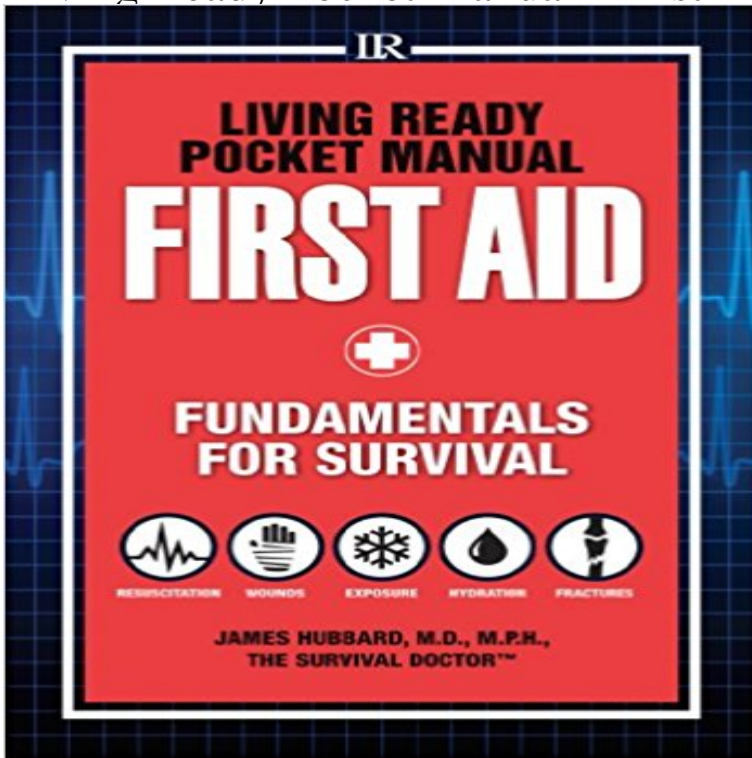


# Living Ready Pocket Manual - First Aid: Fundamentals for Survival



Skills to Save A Life Whether you are miles from help or immersed in an urban disaster situation, every second counts during a medical emergency. This book will help you take quick, effective action to stabilize the situation. The easy-to-follow, step-by-step instruction in this book will help you prevent or respond to: Dehydration Hypothermia, frostbite and heatstroke Skin wounds including burns, cuts, bites and gunshots Anaphylaxis, allergic reactions and rashes Broken bones and injured joints Plus you'll find detailed packing lists for survival first aid kits of all sizes. This pocket-sized manual is perfect for packing in first aid kits, bug out bags, day-hiking packs and vehicle kits. Medical emergencies are unplanned and unpredictable, but you can be prepared. Arm yourself with knowledge that can save a life.

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