



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

*James Hubbard*

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## 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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