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Lifes Little Emergencies

By Rod Brouhard

Demos Health. Paperback. Book Condition: New. Paperback. 230 pages. Dimensions: 8.9in. x 6.0in. x 0.6in. This is the first aid book you'll want to read from cover to cover. Written in plain English with a touch of humor, *Lifes Little Emergencies* is a comprehensive medical crisis handbook for active independent seniors and caregivers alike. *Lifes Little Emergencies* is written by a paramedic rather than a doctor. It provides real world tips on responding to unforeseen medical emergencies using modern techniques. This isn't a book for backpacking in the Himalayas; it's for taking care of yourself with today's tools and incorporates 911 and emergency medical services. The first aid section of the book covers techniques for conditions common to senior citizens: skin tears, fractures, and dehydration to name just a few. It also discusses life-saving techniques like CPR, bleeding control and the Heimlich Maneuver for all ages, not just seniors. More than just a first aid book, it includes tips to be prepared for all types of emergencies, from personal illness or injury all the way up to major disasters. *Lifes Little Emergencies* has advice on when to reach out for help and how to take care of oneself. Full of practical,...



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