



# Mountaineering First Aid: A Guide to Accident Response and First Aid Care (Mountaineers Outdoor Basics)

*Jan D. Carline, Martha J. Lentz, Steven C. MacDonald*

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·Revised to meet the current standards of first aid care by the American Red Cross and the Wilderness Medical Society

·Updated figures and drawings that illustrate essential first aid skills

·New quick-reference boxes that summarize recognition and treatment of many first-aid problems

This completely revised and updated fifth edition gives you all the latest information on assessing and treating conditions you may encounter in the wild, from serious injuries such as dislocations and fractures to unexpected major illness to weather-related problems. With quick-reference checklists of symptoms and procedures, recommendations on first aid kits and equipment, and more, Mountaineering First Aid will prepare you for anything in the backcountry.

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