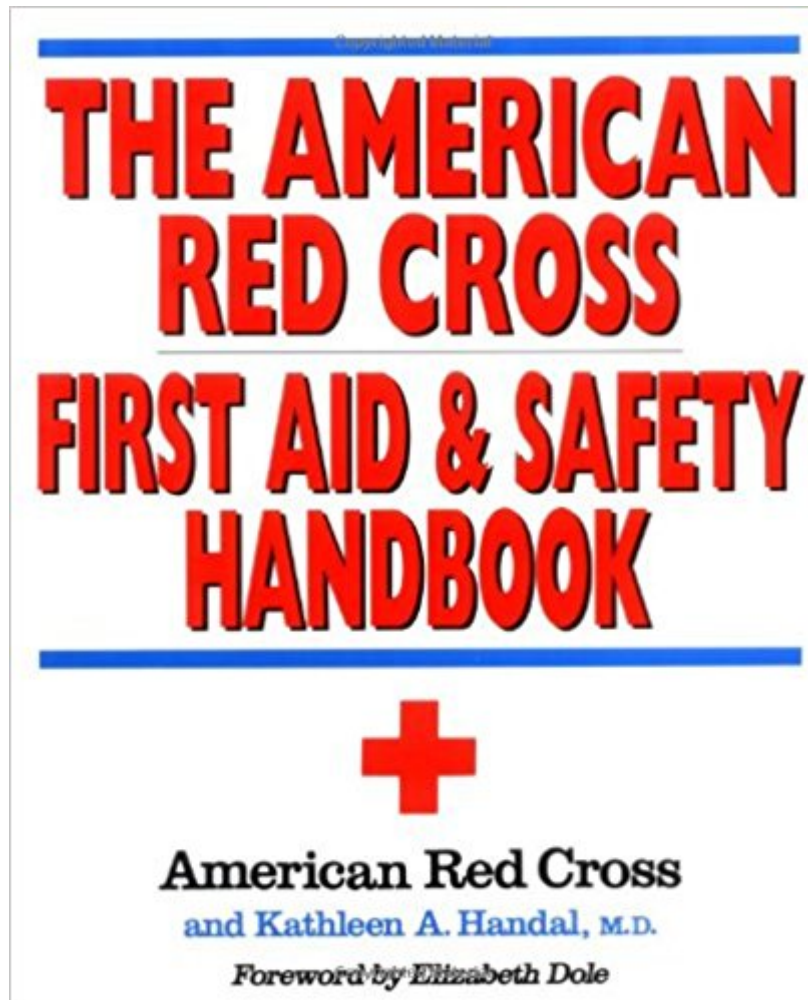




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# The American Red Cross First Aid And Safety Handbook



## Synopsis

The first moments after an injury occurs are the most critical. This authoritative guidebook, based on course materials used by Red Cross chapters across the United States, shows you how to handle every type of first aid emergency.

## Book Information

Paperback: 384 pages

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## Customer Reviews

I remember my mother keeping an old Red Cross first aid manual in the house when I was a kid; I would consult it whenever my teddy bear needed a sling or bandage. My bear survived, but I'm not sure what happened to that book. Happily, I found this new Handbook. It still has instructions for making slings, as well as current information for dealing with all sorts of emergencies from cuts and burns to electrocutions and strokes. Be sure to keep it with your first aid kit for on-the-spot reference. -- From The WomanSource Catalog & Review: Tools for Connecting the Community for Women; review by FGP

Animal and Human Bites: If you have an animal or a human bite, you generally need medical attention because of the likelihood of infection. \* If the victim has been seriously wounded, call EMS.

\* If the victim was bitten by an animal, you will need to contact authorities so they can find out whether or not the animal was rabid. 1. Calm and reassure the victim. Put on latex gloves or wash your hands. 2. Check for bleeding. If the bite is not bleeding severely, wash it well (for at least 5 minutes) with mild soap and running water, then apply a bandage. If the bite is actively bleeding,

control bleeding by applying direct pressure to the bite; by elevating the injured area; and, if necessary, by using pressure point bleeding control. Do not attempt to clean a wound that is actively bleeding. 3. Get medical help.

Good overall course to help treat wounds, shock, bites, breathing difficulty, and heart problems. It does not take the place of calling 9-1-1 and qualified EMTs or the ER but it can buy you time until help arrives. If at all possible, call the rescue squad rather than drive the patient to the ER. Minutes saves lives.

Every household needs a first aid book and this is a good one. It is well written, easy to understand, and contains a wealth of information that can help you in every situation from a paper cut to a broken leg. I picked this book in particular because of its affiliation with the Red Cross. I am not a health care worker but I figure I can have confidence in anything the Red Cross puts their name on even if it is a little out of date. When I started looking through the book I learned many things and found that many of the things I thought I knew were wrong. This is a great book for people that want to be prepared when things happen.

I bought this to have it with my "grab and go" bag, in the event of an emergency. The Red Cross has taught first aid and safety for many years, and the information is presented in a clear and easy-to-follow format. I feel confident that if I ever need it, I'll have the information that might help should I find myself on the scene of a health or safety emergency situation with no "professional" first responders around. Standing there and feeling helpless if someone is injured or in danger just isn't an option. I would recommend everyone take the Red Cross courses, and use this book as a refresher or reference to keep your skills fresh.

This is an outstanding prep for First Aid and ought to be used in every household. I prepare an emergency kit and include this book and a sheet of paper for contact numbers in an emergency. This is part of my wedding gift to my children as I send them off. The book is invaluable. Read it and familiarize yourselves with basic First Aid. Consult the Red Cross web site for your kits or gov.com

Very hefty book with lots of info

While the first aid portion of the book is very good, all of the CPR information is out of date and does

not reflect the standards adopted in 2005. This includes the standards for adult, child, and infant CPR; child and infant rescue breathing, and unconscious choking for adult and child.

There's a lot of helpful information, but usually the answer to every situation was to call 911 and wait for EMS to arrive. Not very helpful if EMS cannot arrive timely.

I bought this to go along with my emergency kit for the household (in case we have to evacuate for any reason) . It's fine but I wish it had been a little smaller in size. It doesn't have the new CPR guide lines but I remedied that by adding an insert.

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