



Essential First Aid Manual for Southern Africa

Revised Second Edition



Soft cover



180 pages



World rights



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Essential First Aid: Revised Second Edition provides you with everything you need to know to act effectively in medical and first aid emergencies. Written by a team of experienced Red Cross first aid trainers, the manual teaches you to recognise and access emergency situations and medical conditions, and guides you in providing appropriate first aid treatment.

This material is aligned with Unit Standard 119567.

CONTENTS

- Module 1 The principles of first aid
- Module 2 Action in an emergency
- Module 3 Elementary anatomy and physiology
- Module 4 Multiple casualties and injuries
- Module 5 Major first aid techniques
- Module 6 The recovery position
- Module 7 Asphyxia
- Module 8 Shock
- Module 9 Wounds and bleeding
- Module 10 Burns
- Module 11 Bites and stings
- Module 12 Environmental conditions
- Module 13 Poisons
- Module 14 Dressings and bandages
- Module 15 Fractures, dislocations and soft-tissue injuries
- Module 16 Spinal injury
- Module 17 Moving the casualty
- Module 18 Emergency Childbirth

KEY BENEFITS

- Updated to include new sections on Anatomy and Physiology and Emergency Childbirth
- CPR protocols completely up-to-date
- Each module has a self-assessment and scenario section
- Each module has a signs, symptoms and treatment feature
- Variations for infants and children
- Over 200 illustrations
- Simple and clear language, user-friendly design.

OF INTEREST TO

- Anyone who wants to keep a first-aid book in the home, office, classroom
- Levels 1 - 3 First Aid courses
- First aid courses run in nursing colleges and medical schools.



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