



**Essential First Aid**

**Manual for Southern Africa**

**Edition: 2nd Revised edition**

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**Authors: SA Red Cross Society**

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**Format: Soft cover**

**Extent: 180 pages**

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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 assess 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**

**Of interest and benefit 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.**

**Key Benefits:**

**• Updated to include new sections on emergency childbirth
• CPR protocols completely up-to-date
• Each module includes self-assessment and a case study
• Simple and clear language, user-friendly design.**