



The Illustrated South African First-aid Manual

Linda Buys

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The Illustrated South African First-aid Manual covers everything you need to know about how to cope with common first-aid emergencies. Concise instructions and step-by-step illustrations provide 'at-a-glance' guidelines on treating wounds, burns, bites, stings, fractures, choking, strains and sprains, bleeding, amputations and eye injuries, plus how to handle episodes of hypothermia, heat stroke, poisoning, epilepsy, diarrhoea and vomiting, and emergency childbirth. Life-threatening emergencies, such as cardiac arrest, shock, choking, drowning and breathing difficulties are covered in detail, along with the correct procedures for performing chest compressions, rescue breathing and CPR. Short introductory chapters explain what to do at an emergency scene, the responsibilities of the first aider, the basic provisions of the Occupational Health and Safety Act with regard to first aid, what a first aid kit should contain, and basic anatomy and body systems. There is also a short chapter on emergency treatment for pets.

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