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Yan Bai

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Basic First Aid Guide Jessica Donald,2025-06-27 When seconds count knowing what to do can save a life Basic First Aid Guide How to Respond in Emergencies and Save Lives is your clear practical and essential companion for everyday safety Whether you're a parent teacher traveler or simply someone who wants to be prepared this book equips you with the confidence and skills to act quickly in critical situations Written in simple language by safety educator Jessica Donald this guide walks you through step by step responses to common injuries life threatening emergencies and special scenarios involving children road accidents and more You'll learn how to build a first aid kit perform CPR stop bleeding treat burns and stay calm while waiting for help Inside you'll discover Easy to follow first aid techniques for home school and outdoors Lifesaving basics like CPR recovery position and rescue breathing First aid tips for children infants and special circumstances How to create a family safety plan and stay prepared every day You don't need medical training to make a difference just the right knowledge and the will to act Be ready Be confident Be the help someone needs *First Aid Instructions* Stephen Cundee Dickinson,1917 *Agriculture Handbook* ,1949 Set includes revised editions of some issues

Red Cross Notes ,1910 **The Johns Hopkins Guide to Psychological First Aid** George S. Everly Jr., George S. Everly, Jeffrey M. Lating,2022-08-02 Psychological first aid PFA is designed to mitigate the effects of acute stress and trauma and assist those in crisis to cope effectively with adversity The second edition of this essential guide describes the principles and practices underpinning the evidence informed and evidence based Johns Hopkins RAPID PFA model in an easy to follow prescriptive and practical manner *British Red Cross Society First-aid Manual* Sir James Cantlie,1913

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