



# First Aid & Safety For Dummies

*Charles B. Inlander, Janet Worsley Norwood, The People's Medical Society*

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Features step-by-step instructions and easy-to-follow illustrations! Includes sections that address first aid for infants, children, and seniors! When every second counts, you need to know first aid Smart first aid can mean the all difference in the world. This reliable guide gives you just what you need to know to handle emergencies - from tips on preventing accidents and following emergency protocol to determining when to call the doctor and more! Discover how to: Bandage and splint a wound Prevent and treat sports injuries Create a first-aid kit Treat sudden illnesses Administer CPR and the Heimlich maneuver Safeguard your home and environment The Dummies Way Explanations in plain English "Get in, get out" information Icons and other navigational aids Tear-out cheat sheet Top ten lists A dash of humor and fun Get smart! www dummies.com Register to win cool prizes Browse exclusive articles and excerpts Get a free Dummies Daily e-mail newsletter Chat with authors and preview other books Talk to us, ask questions, get answers

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