



NOLS Wilderness Medicine (NOLS Library)

Tod Schimelpfenig

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"One of the finest first aid books I've seen." -- Mel Otten, M.D., Wilderness Medical Society

Two new chapters on common non-urgent medical problems and legal issues This revised edition of *NOLS Wilderness First Aid* reflects the changing field of wilderness medicine. Designed as a field textbook for the NOLS wilderness first aid curriculum, it helps train outdoor leaders to prevent, recognize, and treat common medical problems and to stabilize a severely ill or injured patient for evacuation. A vital resource for outdoor enthusiasts, this book covers fundamental topics in first aid--patient assessment, shock, soft tissue injury, burns, fractures and dislocations, and chest, head, and abdominal injury. It explains how to handle environmental problems posed by heat, cold, water, altitude, and poisonous plants and animals. Also discussed are issues related to expedition medicine as well as leadership, teamwork, and communication for rescue groups. While risk can be minimized through good judgment, skills, and experience, being prepared for emergencies in the wild is an essential component of good outdoor leadership.

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