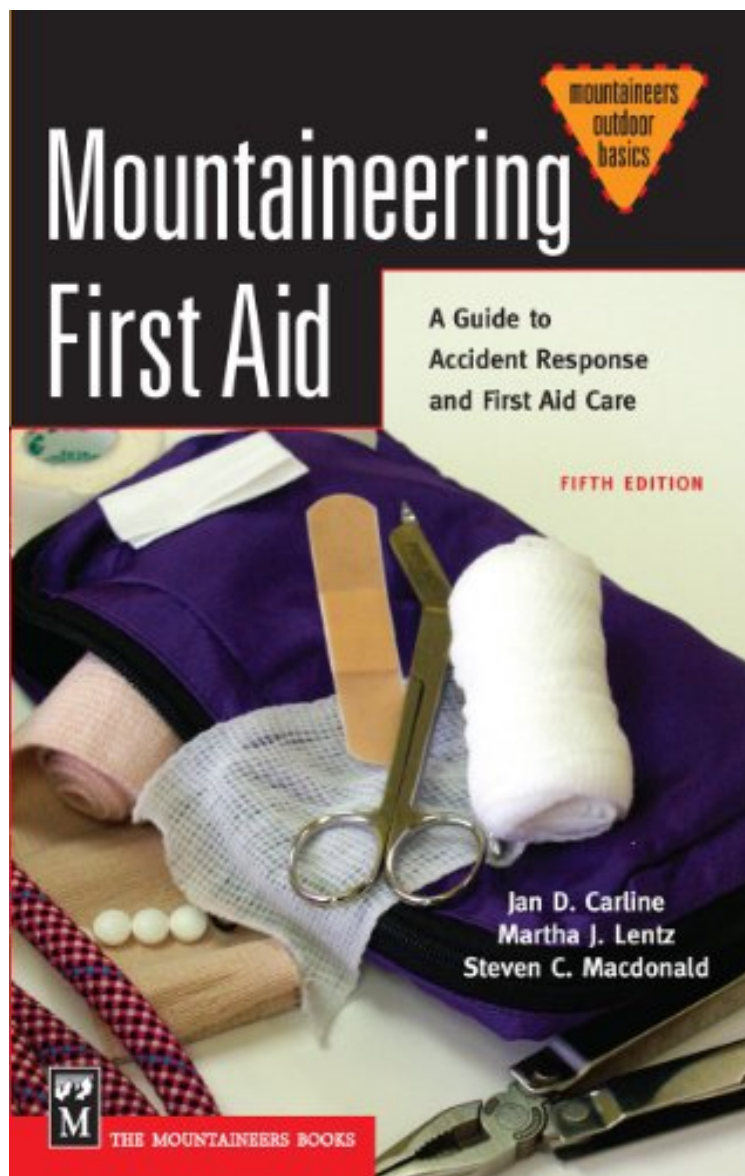


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## Mountaineering First Aid: A Guide to Accident Response and First Aid Care (Mountaineers Outdoor Basics)

*Jan Carline Ph.D, Steve MacDonald M.P.H. Ph.D., Martha Lentz R.N. Ph.D.*  
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**Jan Carline Ph.D, Steve MacDonald M.P.H. Ph.D., Martha Lentz R.N. Ph.D. : Mountaineering First Aid: A Guide to Accident Response and First Aid Care (Mountaineers Outdoor Basics)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mountaineering First Aid: A Guide to Accident

## Response and First Aid Care (Mountaineers Outdoor Basics):

0 of 0 people found the following review helpful. Five StarsBy Nicki HaatajaGreat purchase.0 of 1 people found the following review helpful. Toss in a day pack, but would want more for a serious situation bag though.By T. OwensThe book arrived super quick, it took 3 days, very happy on that fact. The book itself is NOT a quick reference by any means, only a few scattered sketches in it and there are several pages that appear to be designed to be cut out and printed. Its a very small guide only about 170 pages. When I look for First Aid guides I do prefer diagrams , I mean we are talking about possibly cutting open a person, the risk of infection are very high in situations like this. Also not sure what makes this book listed as Mountaineering based, after reading through it I didn't really see anything that any other First Aid guide would not have addressed. For a simple , basic little guide to toss in your vehicle or day pack this would be ok, thats what Ill do with it, but find something a little more indepth that offers more detailed images. I buy tons of books relating to this subject through and seldom have I ever been disappointed, this one made the list.0 of 0 people found the following review helpful. Be readyBy MelanieThis is a must-have for anyone that's serious about backpacking! My husband thinks he knows everything, but I think it's best it be prepared so I went ahead and bought this last year. We haven't needed it yet, but I'm happy to have the knowledge and skills ready should the situation arise!

\* Meets the current standards of first aid care by the American Red Cross and the Wilderness Medical Society\* Updated figures and drawings that illustrate essential first aid skills\* Includes quick-reference boxes that summarize recognition and treatment of many first-aid problemsThis fifth edition gives you all the latest information on assessing and treating conditions you may encounter in the wild, from serious injuries such as dislocations and fractures to unexpected major illness to weather-related problems. With quick-reference checklists of symptoms and procedures, recommendations on first aid kits and equipment, and more, Mountaineering First Aid will prepare you for anything in the backcountry.A faculty member in Medical Education at the University of Washington, Jan Carline has been affiliated with the Mountaineering Oriented First Aid Program (MOFA) for over 15 years. Martha J. Lentz, Ph.D., R.N., is a faculty member of the University of Washington School of Nursing, and has been active in the MOFA program for over 20 years. Steven MacDonald, Ph.D, is an epidemiologist in the National Center for Environmental Health at the Federal Centers for Disease Control and Prevention, and has taught the MOFA course.Part of the The Mountaineers Outdoor Basics series! Created for beginning-to-intermediate enthusiasts, this series includes everything anyone would need to know about staying safe and having fun in the backcountry.

Contains enough common sense safety information to benefit anyone who spends time in the outdoors. (The News-Herald (Willoughby, OH))The real value of this book is how these principles, concepts, and techniques are presented; that is in a clear, concise, logical, and organized manner that is easy to understandAnyone who ventures into the backcountry would benefit from reading this book. (TrailWalker)Contains enough common sense safety information to benefit anyone who spends time in the outdoors. (Willoughby (OH) News-Herald)Should be part of your outdoor library, read and re-read on a regular basis. (Outside Bozeman)A good start for people who want to learn about backcountry first aid. (Arizona Daily Sun)Don't go into the woods without this book. (Sweat magazine)A classic text on first aid in the mountains, updated with the latest information on treating backcountry injuries. (Bend Bulletin)Designed to fit into any kit bag. (Pittsburgh Tribune- )Practice, practice and more practice cements the book's teachings in mind, and anybody heading into the wilderness ought to be familiar with its teachings. (Sequim Gazette)[Mountaineering First Aid] guides you through step-by-step procedures that would give most the willies, but in a crisis, would mean the difference between life and deathand it does so in a clear, no-nonsense, no-medical-jargon style that emphasizes the most important issues to consider. ((Asheville, NC) Mountain Xpress)Anyone who spends time outdoors will want this book as it provides the latest information on assessing and treating conditions you may encounter in the wild. (Connecticut Post)Packs a wealth of practical information into a small volume. (The Cascadian)About the AuthorA faculty member in Medical Education at the University of Washington, Jan Carline has been affiliated with the Mountaineering Oriented First Aid Program (MOFA) for over 15 years. Martha J. Lentz, Ph.D., R.N., is a faculty member of the University of Washington School of Nursing, and has been active in the MOFA program for over 20 years. Steven MacDonald, Ph.D, is an epidemiologist in the National Center for Environmental Health at the Federal Centers for Disease Control and Prevention, and has taught the MOFA course.