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and children, or tips on resuscitation. This ACEP First Aid Manual is an invaluable resource to keep you and your loved ones safe and healthy.

Mental Health First Aid is the ultimate guide for friends, families, schools, work, colleagues, carers and individuals; to help themselves and others optimise their mental health. Providing a structured approach, detailed advice and a wealth of resources to help yourself or others in need of additional support. Written by Emma Hammett RGN, an experienced nurse and first aid trainer, in conjunction with clinicians from Maudsley Learning and other healthcare professionals. Emma is an authority on first aid and mental health first

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aid, regularly featuring in the press and in respected publications. This is Emma's fourth book.

From minor cuts and burns, to heart attacks and strokes, this handy, take-anywhere guide gives you the knowledge and advice you need to recognize and respond to any medical emergency. Be prepared for any medical emergency and handle it safely and efficiently with The Complete First Aid Pocket Guide. Quickly identify signs and symptoms of a wide range of medical conditions and learn how to recognize the difference between a minor injury or illness, and those

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that are more serious with this essential handbook. Each section of The Complete First Aid Pocket Guide includes a quick list of signs and symptoms to look for and step-by-step first aid instructions for dealing with each situation, all in user-friendly, simple language that ' s easy to understand. Medical issues covered include: —First aid basics, including roles and responsibilities of a first aider, managing an incident, activating emergency services, and infection control —Lifesaving skills including the recovery position, cardiopulmonary resuscitation (CPR), and use of an automated external defibrillator (AED) —Minor injuries and conditions, including soft tissue injuries, splinters, blisters, eye injuries, nosebleed, diarrhea, and vomiting

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—Traumatic injuries including severe bleeding, amputation, shock, fractures, crush injuries, burns, and head and neck injuries —Medical emergencies including heart attack, stroke, asthma, anaphylaxis, hypoglycemia, meningitis, seizures, poisoning, and emergency childbirth —Environmental conditions including hypothermia, frostbite, heat stroke, sunburn, and lightning strike —Pediatric emergencies and illnesses, including assessing an unresponsive child or baby, pediatric cardiopulmonary resuscitation (CPR), choking, croup, and febrile seizures —First aid kit lists for home, vehicles, and outdoor use With an appendix featuring an A-to-Z list of every condition covered, it's easy for you to quickly find the exact information you

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need in any situation you may face. With its small trim and portable size, The Complete First Aid Pocket Guide is the perfect addition to a home first aid kit, car first aid kit, disaster-survival bag, as well as a pocket companion for EMTs and other first responders in the field.

Frequently reissued with the same ISBN, but with slightly differing bibliographical details.

Psychological first aid, or PFA, is designed to mitigate the effects of acute stress and trauma and assist those in crisis to cope effectively with adversity. PFA is designed to be applied in emergencies, including

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disasters and terrorist attacks. In this essential guide, George S. Everly, Jr., developer of the Johns Hopkins RAPID PFA method, and Jeffrey M. Lating, his collaborator in its implementation, describe the principles and practices underpinning this psychological model in an easy-to-follow, prescriptive, and practical manner. They explain the history of PFA and persuasively demonstrate its powerful versatility. Mental health practitioners can apply PFA in all settings. It can also be used as a public-health tool to address mental health needs following critical incidents and as a means for building community resilience. Aimed at mental health practitioners, all first responders, and global health disaster teams such as

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M é decins Sans Fronti è res and the World Health Organization, The Johns Hopkins Guide to Psychological First Aid is the first book to thoroughly explain RAPID PFA. RAPID, a unique theoretically grounded and evidence-based PFA method, follows a set of easily understood principles. In each chapter, Everly and Lating provide a step-by-step approach and include a key point summary to emphasize essential elements. A unifying case exemplifies each phase of the RAPID PFA model in an ongoing dialogue that presents ideal PFA responses, examples of common mistakes, and various outcomes. In addition to their counseling experience in Kuwait after the Gulf War and in New York City after the September 11 attacks, the

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authors have traveled nationally and internationally to teach the RAPID PFA method in numerous public health, fire, police, military, and faith-based settings. Beneficial to those with little or no previous mental health training, this book is an essential tool for people who want to learn, to practice, or to retain their ability to use psychological first aid effectively.

In an emergency, don't lose your head. Panic creates mistakes. There are all types of emergencies. Most people don't realize that if your car goes into the water, the water pressure outside the car door makes it virtually impossible to open. Either keep a screwdriver, hammer or punch near the driver's seat so you can

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quickly break the window and swim out. If you don't have that, kick the windshield out. The only way I know that is that I watched a safety video and learned it. You might think it's boring but I took the time to educate myself about all the types of hypothetical dangerous situations I could be in and how to handle them. If it happens, you know exactly what to do. Knowing what to do can keep you calm and brave. Learn safety information with everyone in your household including children. Create an emergency plan for the entire family so that everyone knows what to do.

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