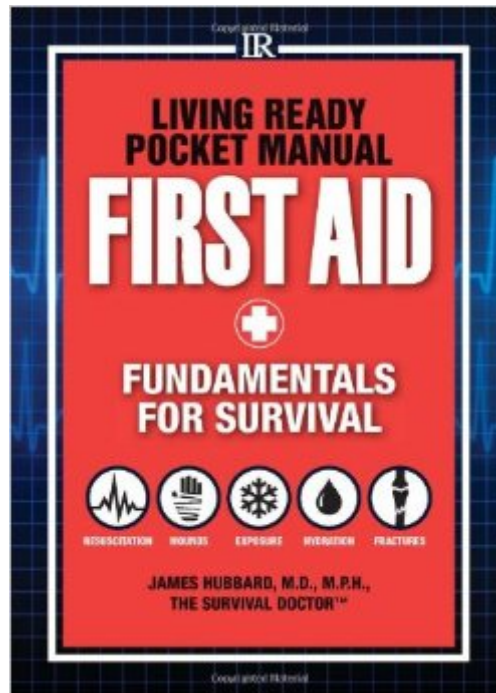


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# Living Ready Pocket Manual - First Aid: Fundamentals For Survival



## Synopsis

Skills to Save A Life Whether you are miles from help or immersed in an urban disaster situation, every second counts during a medical emergency. This book will help you take quick, effective action to stabilize the situation. The easy-to-follow, step-by-step instruction in this book will help you prevent or respond to: Dehydration Hypothermia, frostbite and heatstroke Skin wounds including burns, cuts, bites and gunshots Anaphylaxis, allergic reactions and rashes Broken bones and injured joints Plus you'll find detailed packing lists for survival first aid kits of all sizes. This pocket-sized manual is perfect for packing in first aid kits, bug out bags, day-hiking packs and vehicle kits. Medical emergencies are unplanned and unpredictable, but you can be prepared. Arm yourself with knowledge that can save a life.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (87 customer reviews)

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## Customer Reviews

I am a retired military guy and combat veteran, familiar with many First Aid books, procedures, and styles. I found this to be an excellent book, in a compact form, that surpasses most other "fundamental" use-in-the-field "First Aid" books on the market. I like it so well that I have purchased both the paperback and the Kindle version. This book is laid out to allow the reader to easily find various topics and specific subject material in a very expedient manner. The first section after the "Introduction" discusses medical equipment and supplies for long-term storage and also for hiking or bug-out-bags. Other sections have in-depth descriptions of many medical conditions that one can expect to encounter at home or "out in the sticks". Additionally, The Survival Doctor frequently

covers various options to deal with the specific problem at hand, to include the "pros" and "cons" of taking or not taking specific actions to solve the problem. Not only does he provide options, he frequently provides his educated opinion as to the probable outcome of using various options so that the reader can make a better-educated determination of which course of action to choose. Frankly, I find this to be a very sophisticated and informative book, written in everyday layman terms, for medical emergencies that one could expect to encounter away from medical facilities. It measures about 5" x 7" x 1/2" and can easily fit into a cargo pocket or many 1st Aid kits. I highly recommend this book for novices and the experienced. I will probably purchase more so as to have one in each of my medical bags, kits, packs, and vehicles. It is certainly a book that others should consider buying..

Being familiar with Dr. Hubbard's extremely helpful blog, The Survival Doctor, and being a nurse for over 43 years, I looked forward to this book. I found it full of practical first aid advice but so much more. It is written so it is easily understood by a lay person, and it has the added benefit of having other helpful information for prevention of illness and injury (not common in "first aid" type books). This includes tips to prevent injury from cold, preventing snake bites, decontaminating water. It is concise but definitely enough information. I love his list of supplies and how he notes alternatives to the usual pre-packaged ones on the list (example: popsicle sticks as an alternative to tongue blades). One thing I did not find, which I think might be a good addition, is something about the eye. Dust or sand from blowing wind can be irritating and some first aid related to that might be useful. All in all- great job, Dr. Hubbard. Nurse Laura

The title "First Aid" leaps out of the cover, but this little book goes much further in preparing the reader for survival in difficult circumstances. If you live in an apartment in a well-run city, you may feel you don't need to know how to deal with serious injuries, but if you ever venture into areas where emergency services are not speedily available you will benefit from this book.

I'm using this to teach my kids basic-advanced first-aid. It's pretty steep for the 10 year old, but I'm going slow and taking time to define terms, explain concepts, etc. We live in a rural area about fifteen miles from a large city that's fairly disfunctionional in it's normal state. Add a natural disaster or even mild social turbulence, and forget about going there for medical attention. This book at least makes me FEEL like I could do something about it if one of the kids needed a stitch or two. I'd give one more star, but at some points it either trails off or says "do research" when it comes to

advanced things like inserting airways, etc.

As some have previously stated, this book is really more of a basic "how to" for emergency medical situations. I pretty much expected this and they did not disappoint. If you are looking for wilderness first aid or an in-depth book you may want to look elsewhere, but then again it is not marketed as such.

This manual is clearly written in layman's terminology. It offers accurate, no-nonsense information to treat most life threatening emergencies that could happen in any one's life. It also serves as a review guide to help the reader, "fill in," any of the blanks that may occur during a crisis or when you just need a handy, "how to," source for general medical procedures. I would recommend that anyone who may find themselves or another in a potentially serious medical emergency have this booklet on hand. It is an invaluable addition to your survival toolbox. W. Garfield

I bought this book with the intention of keeping it in my Bug-out bag along side my IFAK. I have read this book several times to familiarize myself with most potential injuries. I keep it with me in my EDC. This book also covers necessities one might find necessary in an emergency scenario. It gives you suggested items, along with a minimum amount to have or carry. This book is more than a first aid manual, its an urban survival manual without all the tactical mumbo-jumbo stuff. This is family oriented, to survive both injuries and catastrophes of sorts. I suggest that every home have at least one of this book, and read it frequently. The more you read it, the more it will help you out. You can't simulate scenarios where you will implement this knowledge for practice, so frequent reading will be your best option.

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