



First Aid Manual

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Updated 10th edition: includes updates to first aid for choking infants. The First Aid Manual is the UK's only fully authorised first aid guide, endorsed by St John Ambulance, St Andrew's First Aid and the British Red Cross and packed with step-by-step first aid advice. Used as the official training manual for the UK's leading first aid organisations' courses, the bestselling First Aid Manual covers all aspects of first aid, from emergency first aid and first aid for babies and children, to resuscitation. Find out how to treat over 100 different conditions from splinters and sprained ankles to strokes and unconsciousness and how to use essential equipment. Step-by-step photography, all shot in-situ to reflect real-life issues, shows you what to do in any situation. The ideal first aid book for you and your family, keep the First Aid Manual handy; it could be a life-saver. (Previous edition ISBN 9781405362146).

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