



# First Aid Basics: How to Identify and Treat Life-Threatening Emergencies

*Elise Marie Clemens*

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## **First Aid Basics: How to Identify and Treat Life-Threatening Emergencies** Elise Marie Clemens

Everyone should know the very basics of First Aid and it pays to be prepared.

First Aid Basics will take your hand and guide you through identifying and treating common injuries. Whether it's a severe allergic reaction (anaphylaxis), nosebleed, seizure, or someone in need of CPR, First Aid Basics is a concise guide that teaches what you need to know about First Aid.

With an extensive list of common injuries and medical scenarios, we will provide insight on how to identify and treat common injuries:

- Anaphylaxis
- Asthma Attack
- Bites and Stings
- Bleeding
- Broken Bones, Sprains and Strains
- Burns
- Choking
- Concussions
- Dehydration
- Eye Injuries
- Fever
- Nosebleeds
- Seizures

It's also important to have a first aid kit nearby, and we'll tell you exactly what you need to put in one. You'll always be prepared for any emergency situation.

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