

**PART ONE: General Information**

How to Use This Book  
Before You Go  
General First Aid Principles  
Patient Assessment—A Structured Approach to Emergencies in the Outdoors

**PART TWO: Major Medical Problems**

An Approach to the Unconscious Victim  
Chest Injury  
Serious Lung Disorders  
Chest Pain  
Bleeding  
Shock  
Head Injury  
Allergic Reaction  
Seizure  
Fractures and Dislocations  
Amputation  
Burns  
Inhalation Injuries  
Abdominal Pain  
Problems of Ovaries and Vagina  
Disorders of the Kidneys, Bladder, and Prostate  
Problems of the Penis and Testicles  
Emergency Childbirth  
Diabetes  
Stroke  
Infectious Diseases

**PART THREE: Minor Medical Problems**

General Symptoms  
Head (Including Eye, Ear, Nose, Throat, and Mouth)  
Upper Respiratory Disorders  
Disorders of the Gastrointestinal Tract  
Skin Disorders  
Minor Bruises and Wounds  
Musculoskeletal Injuries  
Mental Health (Psychiatric) Emergencies

**PART FOUR: Disorders Related to Specific Environments**

Injuries and Illnesses Due to Cold  
Injuries and Illnesses Due to Heat  
Wildland Fires  
High Altitude–Related Problems  
Snakebite  
Insect and Arthropod Bites  
Lightning Strike, Tornado (Cyclone), Hurricane (Typhoon), Flood, Earthquake,  
Tidal Wave (Tsunami), Landslide (Mudslide), Volcano, and Snow Avalanche  
Hazardous Aquatic Life and Aquatic Infections  
Underwater Diving Accidents  
Drowning  
Animal Attacks  
Wild Plant and Mushroom Poisoning

**PART FIVE: Miscellaneous Information**

Oxygen Administration  
Water Disinfection  
Motion Sickness  
Jet Lag  
Personal Safety in an Age of Conflict, Kidnapping, and Terrorism  
First Aid Kits  
Physicians Abroad  
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Transport of the Injured Victim  
Ground-to-Air Distress Signals  
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Procedures  
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**Appendix Two:** Conversion Tables

**Appendix Three:** Guidelines for Prevention of Diseases Transmitted via Human Blood and Other Bodily Fluids

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