



# Wilderness First Responder: How To Recognize, Treat, And Prevent Emergencies In The Backcountry

By Buck Tilton

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## Wilderness First Responder: How To Recognize, Treat, And Prevent Emergencies In The Backcountry By Buck Tilton

### The cutting edge in medical training for wilderness rescue and self care

*Wilderness First Responder* is a comprehensive text for the recognition, treatment, and prevention of backcountry emergencies. It's essential reading for wilderness educators, trip leaders, guides, search and rescue groups, and anyone who works or plays far from definitive medical care.

This invaluable resource includes expert, step-by-step instructions, clear illustrations, and “Signs and Symptoms” sidebars designed to help anyone provide immediate care in the wilderness? whenever they are more than an hour away from an ambulance or a hospital. It shows how to conduct a patient assessment, improvise when ideal materials are not handy, and decide whether or not to evacuate a patient. Readers will learn how to assess and treat:

- Airway obstructions
- Cardiac arrest
- External and internal bleeding
- Shock
- Spine injuries
- Head injuries
- Chest injuries
- Abdominal injuries
- Fractures and dislocations
- Athletic injuries
- Soft-tissue injuries
- Cold- or heat-induced injuries
- Altitude sickness
- Insect bites & stings
- Diabetic emergencies
- Poisoning emergencies
- Allergic reactions and anaphylaxis
- And much, much more

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### Editorial Review

From the Back Cover

The award-winning guide to medical training for wilderness rescue and self-care *Wilderness First Responder* is a comprehensive text for the recognition, treatment, and prevention of backcountry emergencies, written by wilderness expert Buck Tilton with more than a dozen medical professionals. Thoroughly updated and revised, this teaching manual for the National Outdoor Leadership School's Wilderness First Responder course represents more than a century and a half of combined experience in wilderness medicine, rescue, and education. It is essential reading for wilderness educators, trip leaders, guides, search and rescue groups, and anyone who works or plays far from definitive medical care.

This invaluable resource includes expert step-by-step instructions, clear illustrations, and “Signs and Symptoms” sidebars designed to help you provide immediate care in the wilderness? whenever you are more than an hour away from an ambulance or a medical facility. It shows how to conduct a patient assessment, improvise when ideal materials are not handy, and decide whether or not to evacuate the injured.

Learn how to assess and treat:

- Airway obstructions
- Cardiac arrest
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About the Author

**Buck Tilton** is co-founder of the Wilderness Medicine Institute of the National Outdoor Leadership School (NOLS), which has become the largest school of wilderness medicine in the world. Buck has been a teacher of first aid for almost 30 years and for six of those, worked on an ambulance and volunteering in a hospital emergency rooms. He remains active, taking on assignments as a first responder in remote locations. Buck is a regular columnist for Backpacker magazine and is also the author of *Knack Knots You Need* and *Knack Hiking & Backpacking*. His many books for FalconGuides, including the award-winning *Wilderness*

*First Responder*, have sold more than 100,000 copies combined.

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### **It Could Happen to You**

After two days of late summer hiking under heavy backpacks into the Bighorn Crag of Idaho, you and three friends near the point on the map where an unnamed lake supposedly abounds with fine fishing and pleasant campsites tucked into the shadows of a dense forest. Clouds that collected over the afternoon start to spill a thin shower, and you stop to put on rain gear. With only a short series of switchbacks separating you from your destination, your group arrives at the scene of an accident. A lone hiker sits against a tree, pack by his side, face wearing a grimace of pain. He complains of lower right leg pain, and the inability to bear weight on the injury. Your patient states he slipped on a wet rock while descending the trail. He wears a cotton T-shirt and shorts, and you note his lower right leg appears bloody and bruised. Occasional shivers disrupt his ability to speak.

Welcome to the world of wilderness medicine!

### **Users Review**

#### **From reader reviews:**

##### **Joshua Lippert:**

Now a day individuals who Living in the era where everything reachable by match the internet and the resources within it can be true or not demand people to be aware of each info they get. How individuals to be smart in having any information nowadays? Of course the solution is reading a book. Reading through a book can help men and women out of this uncertainty Information mainly this Wilderness First Responder: How To Recognize, Treat, And Prevent Emergencies In The Backcountry book since this book offers you rich info and knowledge. Of course the information in this book hundred per cent guarantees there is no doubt in it you may already know.

##### **Margaret Barone:**

Playing with family within a park, coming to see the water world or hanging out with buddies is thing that usually you may have done when you have spare time, then why you don't try point that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Wilderness First Responder: How To Recognize, Treat, And Prevent Emergencies In The Backcountry, you are able to enjoy both. It is good combination right, you still desire to miss it? What kind of hang type is it? Oh can occur its mind hangout fellas. What? Still don't buy it, oh come on its known as reading friends.

##### **William Keller:**

Do you have something that you want such as book? The guide lovers usually prefer to select book like comic, short story and the biggest an example may be novel. Now, why not attempting Wilderness First Responder: How To Recognize, Treat, And Prevent Emergencies In The Backcountry that give your

satisfaction preference will be satisfied by reading this book. Reading practice all over the world can be said as the means for people to know world a great deal better than how they react when it comes to the world. It can't be claimed constantly that reading habit only for the geeky particular person but for all of you who wants to possibly be success person. So , for all you who want to start looking at as your good habit, you are able to pick Wilderness First Responder: How To Recognize, Treat, And Prevent Emergencies In The Backcountry become your own starter.

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