

## Outdoor Emergency Care A Patroller S Guide To Medical Care

***Restoring the use of wild plants in daily life for vibrant physical, mental, and spiritual health • Explains how 3 classes of wild plants--aromatics, bitters, and tonics--are uniquely adapted to work with our physiology because we coevolved with them • Provides simple recipes to easily integrate these plants into meals as well as formulas for teas, spirits, and tinctures • Offers practical examples of plants in each of the 3 classes, from aromatic peppermint to bitter dandelion to tonic chocolate As people moved into cities and suburbs and embraced modern medicine and industrialized food, they lost their connection to nature, in particular to the plants with which humanity coevolved. These plants are essential components of our physiologies--tangible reminders of cross-kingdom signaling--and key not only to vibrant physical health and prevention of illness but also to soothing and awakening the troubled spirit. Blending traditional herbal medicine with history, mythology, clinical practice, and recent findings in physiology and biochemistry, herbalist Guido Masé explores the three classes of plants necessary for the healthy functioning of our bodies and minds--aromatics, bitters, and tonics. He explains how bitter plants ignite digestion, balance blood sugar, buffer toxicity, and improve metabolism; how tonic plants normalize the functions of our cells and nourish the immune system; and how aromatic plants relax tense organs, nerves, and muscles and stimulate sluggish systems, whether physical, mental, emotional, or spiritual. He reveals how wild plants regulate our heart variability rate and adjust the way DNA is read by our cells, controlling the self-destructive tendencies that lead to chronic inflammation or cancer. Offering examples of ancient and modern uses of wild plants in each of the 3 classes--from aromatic peppermint to bitter dandelion to tonic chocolate--Masé provides easy recipes to integrate them into meals as seasonings and as central ingredients in soups, stocks, salads, and grain dishes as well as including formulas for teas, spirits, and tinctures. Providing a framework for safe and effective use as well as new insights to enrich the practice of advanced herbalists, he shows how healing "wild plant deficiency syndrome"--that is, adding wild plants back into our diets--is vital not only to our health but also to our spiritual development.***

***CLICK HERE to download the chapter on "Backcountry Medicine" from Mountain Travel & Rescue (Provide us with a little information and we'll send your download directly to your inbox) Completely updated and expanded official rescue workbook of the National Ski Patrol, now available to other wilderness first responders and the general public \* Authoritative and comprehensive mountain safety and rescue text -- your most valuable search and rescue equipment***

**\* Recommended for classroom and educational program adoption \***  
**All-new illustrations** As a leading authority of on-mountain safety since 1938, the nonprofit National Ski Patrol has dedicated itself to serving the public and the outdoor recreation industry by providing education, and accreditation to emergency care and safety services providers. Their core mountain rescue educational workbook, *Mountain Travel & Rescue* (first published in 1995), was researched, written, and reviewed by volunteer members and experts from all over the country, and is designed to help ski patrollers train, rescue, and survive in mountain environments, at resorts, in the backcountry, and at any time of year. *Mountain Travel & Rescue* is a valuable piece of mountain rescue equipment. In addition to new illustrations, this edition offers significantly expanded lesson sections, a new backcountry medicine section, and more. *Mountain Travel & Rescue: National Ski Patrol's Manual for Mountain Rescue* is organized into four major sections: Survival, Travel, Backcountry Considerations, and Search and Rescue. It includes extensive appendixes, including medical equipment lists, a questionnaire, and a glossary and is a valuable tool for anyone who deals with search and rescue or is interested in mountain rescue basics.

**CLICK HERE** to download the section from *Wilderness & Travel Medicine* on "Chest & Abdominal Injuries" \* Author is a nationally recognized expert in wilderness medicine \* Covers both illnesses and injuries \* Includes improvised techniques for when medical supplies aren't on hand \* Every section has been updated and new illustrations added to this edition First published in 1992, *Wilderness & Travel Medicine* has been a staple of the emergency first-aid kits sold worldwide by Adventure Medical Kits. With this fourth edition, *Mountaineers Books* and Adventure Medical Kits have partnered to release an updated, standalone reference for anyone who ventures away from civilization. Topics covered include everything from CPR, shock, and fractures to head, eye, and dental injuries, poisonous reactions, frostbite, hypothermia, heat illness, and much, much more. Throughout the text, sidebars provide useful and improvised techniques for specific injuries. In addition, there is "When to Worry" advice explaining how to tell if an injury is advancing in severity, despite attempts to arrest or slow down dangerous symptoms.

Winter recreation in the mountains has increased steadily over the past few years, and so has the number of deaths and injuries caused by avalanches. *Staying Alive in Avalanche Terrain* covers everything you need to know to avoid trouble in avalanche terrain: what avalanches are and how they work, common myths, human activities that lead to avalanche trouble, what happens to victims when an avalanche occurs, and rescue techniques. Provides step-by-step instruction for determining avalanche hazards, using safe

**travel technique, and making effective rescues.**

**An aid to instructors for both the basic and advanced mountaineering courses within the National Ski Patrol system. It is critical for backcountry travelers to have the ability to handle dangerous situations when they occur. This includes a logical, commonsense approach to injury and illness that takes into account the unique aspects of the wilderness setting. This comprehensive reference book, based on the Wilderness Medical Associates curriculum, clearly explains essential diagnostics and first aid procedures necessary for wilderness injuries, including general principles in wilderness medicine; basic life support; medical supplies; wilderness travel; and the newest first aid methods for outdoor situations. It is an essential reference for anyone headed into the great outdoors.**

**An evaluation of the practice of extreme skiing by the National Ski Patrol emergency worker and author of Don't Think Twice describes the sport's competitions and death-defying challenges while citing the achievements of such athletes as Jerry Martin, Vinko Bogata, and Shake McConkey. Reprint. 40,000 first printing.**

**[Outdoor Emergency Care Inst Toolkit](#)**

**[Outdoor Emergency Care](#)**

**[Comprehensive First Aid/CPR/AED](#)**

**[The World War II Odyssey of the 10th Mountain Division, America's Elite Alpine Warriors](#)**

**[Comprehensive First Aid for Nonurban Settings](#)**

**[Ski Patrol in Colorado](#)**

**[Exploring Occupations in Outdoor Fields](#)**

**[My Journey to Find the Lost—and Myself](#)**

**[NOLS Wilderness Medicine](#)**

**[Geographic Citizen Science Design](#)**

**[Wilderness & Travel Medicine](#)**

This book provides an overview of all aspects of search and rescue procedures and equipment, It teaches the absolutely essential techniques employed by nearly all search and rescue personnel. This book offers an in-depth and practical approach to search and rescue and is recommended for all emergency responders. For both paid and unpaid professionals, this resource combines dynamic features with the latest comprehensive content.

There is an old joke among skiers, usually put to other fans of the sport as a question: what's better, sex or skiing? The answer is a given, but the hesitation in answering, that moment of serious consideration, is cause for humour. Extreme skiers get it. They know skiing isn't just a sport; it's a lifestyle, one inextricably bound up in the notion of adventure. This book is all about that adventure, that call to some of the world's best known, and unknown, slopes. About downhill racing, and the sophisticated, international club of competitors and the upstarts who on occasion beat them.

Throughout this book are skiing's stars, such as Bode Miller, Stein Erickson and Jean-Claude Killy. This is a book about riding on the edge of danger and surviving it, about

the thrill and focus of competition, and the thrill of rescue. It is a book of people; some quirky, some delightful, some strange, some just plain crazy, but all of them drawn to White Heat, the extreme skiing life.

The Army's 10th Mountain Division, developed during World War II for combat missions in the mountains of northern Italy, evolved into ski patrols as we know them today. Far-reaching and nuanced, the job of a ski patroller combines long days, physically demanding work in high alpine environments, and the ability to respond to complex medical emergencies. In Colorado, ski patrol has grown from a volunteer operation to a professional workforce--incorporating advancements in lifesaving techniques, avalanche forecasting, and specialized guest services. Relying heavily on their fellow patrollers, life-long friendships are forged on the mountain and often embellished in legendary tales--many of which are shared within.

Contains job descriptions, salary information, employment outlook and entry-level requirements for a variety of outdoor-related careers.

Textbook for EMT training. The DVD walks students through the skills necessary to pass the EMT-Basic practical exam.

Wilderness EMS is designed for EMS providers and leaders who deliver medical care in the wilderness, and those practicing wilderness medicine as part of a formal team. The textbook is a comprehensive, expertly-written reference ideal for this fast-changing and multidisciplinary specialty. This first-of-its-kind text provides specialized instruction and best practices for wilderness EMS practitioners and students – crucial information for the success of today ' s rescue missions. A strong foundation in evidence-based medicine, clinical experience, and field applicability makes it especially useful for any EMS provider in a wilderness environment.

Now in its 7th edition, Auerbach ' s Wilderness Medicine continues to help you quickly and decisively manage medical emergencies encountered in any wilderness or other austere setting! World-renowned authority Dr. Paul Auerbach and 2 new associate editors have assembled a team of experts to offer proven, practical, visual guidance for effectively diagnosing and treating the full range of issues that can occur in situations where time and resources are scarce. This indispensable resource equips physicians, nurses, advanced practice providers, first responders, and rescuers with the essential knowledge and skills to effectively address and prevent injuries and illnesses – no matter where they happen! Face any medical challenge in the wilderness with expert guidance from hundreds of outstanding world experts edited by Dr. Auerbach and 2 new associate editors, Drs. Tracy Cushing and N. Stuart Harris. New and expanded chapters with hundreds of new photos and illustrative drawings help increase your visual understanding of the material. Acquire the knowledge and skills you need with revised chapters providing expanded discussions of high-altitude medicine, improvisation, technical rescue, telemedicine, ultrasound, and wilderness medicine education. Ten new chapters cover Acute High-Altitude Medicine and Pathophysiology; High Altitude and Pre-Existing Medical Conditions; Cycles, Snowmobiles, and other Wilderness Conveyances; Medical Wilderness Adventure Races (MedWAR); Canyoneering and Canyon Medicine; Evidence-Based Wilderness Medicine; National Park Service Medicine; Genomics and Personalized Wilderness Medicine; Forestry; and Earth Sciences.

[Outdoor Careers](#)



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[No one left behind](#)

[Auerbach's Wilderness Medicine E-Book](#)

[Wonderful West Virginia](#)

[Climb to Conquer](#)

[Ambulance-rescue Squad](#)

[Wilderness and Rescue Medicine](#)

[Avalanche Warning!](#)

[Mountain Travel & Rescue](#)

[Wilderness EMS](#)

***One of the finest first aid books I've seen. --Mel Otten, M.D., Wilderness Medical Society • New chapters on judgment and decision-making and mental health • First-aid topics--patient assessment, shock, soft tissue injury, burns, fractures and dislocations, and chest, head, and abdominal injury • How to handle environmental problems--heat, cold, water, altitude, and poisonous plants and animals***

***With help just a quick 911 phone call away, it's hard to imagine the consequences of experiencing an emergency in remote lands. Wilderness Medicine: Beyond First Aid is a comprehensive text for the recognition, treatment, and prevention of wilderness emergencies.***

***"For over eighty years the National Ski Patrol (NSP) has trained people who have successfully cared for thousands of injured snow sports enthusiasts. Early in its history an Advanced Red Cross first aid course was used for training. Since that time pre-hospital care has significantly changed. The public has greater expectations of care now, so the NSP has improved the patroller's level of training to that of an NHTSA (National Highway Traffic Safety Administration) Emergency Medical Responder. Today there are a variety of outdoor activities available at ski areas, bike parks, and other land management areas that occur during all seasons of the year. As a result, the NSP changed the medical training of patrollers to cover not just snow sports, but a variety of other non-winter activities, including mountain biking, ziplining, downhill bike racing, and bike parks. In the mid 1980's Dr. Warren Bowman, the National Medical Advisor for the NSP created a text and course called Winter Emergency Care providing prehospital medical care training for ski patrollers. Today, the program, aptly named "Outdoor Emergency Care", is the backbone of the NSP's medical training program. It is also the standard of training for other organizations using an Emergency Medical Responder curriculum involved with outdoor recreation. Outdoor Emergency Care (OEC) is the primary resource for a student who wants to become a ski or bicycle patroller, or prehospital first responder called an OEC Technician. It also has value for other outdoor enthusiasts. It bridges the gap between urban medical responders with immediate access to an ambulance and advanced equipment, and wilderness search-and-rescue personnel who are several hours from advanced care. No other comprehensive medical textbook covers this niche of prehospital care. River rafters, rope-course rescuers, cavers, park rangers, mountain bike race personnel, search-and-rescue personnel, rescuers at large sporting events, and outdoor concerts will find the***

*information in this text invaluable when providing care for patients"--  
"The epic story of the U.S. Army's 10th Mountain Division, whose elite soldiers broke the last line of German defenses in Italy's mountains in 1945, spearheading the Allied advance to the Alps and final victory."--Provided by publisher.*  
*Wilderness and Rescue Medicine covers the requisite topics from altitude illness to SCUBA and snakebites to frostbite, but the text's most important features are the general principles that tie the content together. The text highlights the skills and insight needed to think critically and exercise reasonable judgment at any level of medical training. Now in its sixth edition, Wilderness and Rescue Medicine reflects the collaborative wisdom of hundreds of instructors, rescue personnel, and medical practitioners combine with the latest updates in field medicine. The content will be usefull to all medical personnel, but is aimed at the Wilderness First Responder and the Wilderness Emergency Medical Technician. Comprehensive guide for ski and snowboard patrollers, search and rescue groups, mountaineers, wilderness medical technicians, mountain bikers, river rafters, cavers, outdoor recreationists, and anyone else who may be called upon at one time or another to help someone in need in the outdoor setting. As commander of the Salt Lake County Sheriff's Search and Rescue Team, Steve Achelis participated in hundreds of mountain rescues that frequently made the evening news. In Mountain Responder Steve takes the reader along on these life-and-death rescues as he and his teammates dig people out of avalanches, hang on a thin cable below a helicopter, and rescue climbers stuck on rock walls. Threaded throughout these unforgettable rescues, Steve shares the exhilaration of saving a life, the fears and uncertainties during the struggle to keep a patient alive, as well as the doubts and second-guessing when someone doesn't make it.*

[Strength From the Top of the Mountain](#)

[Mountain Responder](#)

[The Extreme Skiing Life](#)

[Responding to Emergencies](#)

[Healing with Aromatic, Bitter, and Tonic Plants](#)

[Danger](#)

[Care and Transportation of the Sick and Injured](#)

[Beyond First Aid](#)

[A Manual for Basic and Advanced Mountaineering Courses](#)

[Mountain Travel and Rescue](#)

[Outward Bound Wilderness First-Aid Handbook](#)

Illustrated children's adventure novel about a California's family's ski vacation to Utah. Their fun day takes a dangerous turn when a blizzard makes it impossible to see. The brother and sister get separated from Dad. One of them triggers a massive avalanche! Who gets buried beneath the snowpack? Will ski patrol find them in time? A dingy woolen neck warmer provides a surprise twist to this snow packed adventure.

The WHO World report on ageing and health is not for the book shelf it is a living breathing testament to all older people who have fought for their voice to be heard at all levels of government across disciplines and sectors. - Mr Bjarne Hastrup President International Federation on Ageing and CEO DaneAge This report

outlines a framework for action to foster Healthy Ageing built around the new concept of functional ability. This will require a transformation of health systems away from disease based curative models and towards the provision of older-person-centred and integrated care. It will require the development sometimes from nothing of comprehensive systems of long term care. It will require a coordinated response from many other sectors and multiple levels of government. And it will need to draw on better ways of measuring and monitoring the health and functioning of older populations. These actions are likely to be a sound investment in society's future. A future that gives older people the freedom to live lives that previous generations might never have imagined. The World report on ageing and health responds to these challenges by recommending equally profound changes in the way health policies for ageing populations are formulated and services are provided. As the foundation for its recommendations the report looks at what the latest evidence has to say about the ageing process noting that many common perceptions and assumptions about older people are based on outdated stereotypes. The report's recommendations are anchored in the evidence comprehensive and forward-looking yet eminently practical. Throughout examples of experiences from different countries are used to illustrate how specific problems can be addressed through innovation solutions. Topics explored range from strategies to deliver comprehensive and person-centred services to older populations to policies that enable older people to live in comfort and safety to ways to correct the problems and injustices inherent in current systems for long-term care.

Packed with step-by-step instructions, how-to explanations, and practical approaches to outdoor and wilderness emergencies, this newly updated guide explains the best ways to respond to just about any medical problem when help is miles or days away. Logically organized, "Medicine for the Outdoors" may literally save a life.

Somewhere between hunting for gold in Latin America as a geologist and getting married to a new husband, thirty-three-year-old Susan Purvis loses her way. Susan comes to believe that a puppy and working on ski patrol at the last great ski town in Colorado will improve her life. When she learns about avalanches that bury people without warning, she challenges herself: "What if I teach a dog to save lives?" This quest propels her to train the best possible search dog, vowing to never leave anyone behind. With no clue how to care for a houseplant, let alone a dog, she chooses a five-week-old Labrador retriever, Tasha. With the face of a baby bear and the temperament of an NFL linebacker, Tasha constantly tests Susan's determination to transform her into a rescue dog. Susan and Tasha jockey for alpha position as they pursue certification in avalanche, water, and wilderness recovery. Susan eventually learns to truly communicate with Tasha by seeing the world through her dog's nose. As the first female team in a male-dominated search-and-rescue community, they face resistance at every turn. They won't get paid even a bag of kibble for their efforts, yet they launch dozens of missions to rescue the missing or recover the remains of victims of nature and crime. Training with Tasha in the field to find, recover, and rescue the lost became Susan's passion. But it was also her circumstance—she was in many ways as lost as anyone she ever pulled out of an avalanche or found huddled in the woods. "Lostness" doesn't only apply to

losing the trail. People can get lost in a relationship, a business, or a life. Susan was convinced that only happened to other people, until Tasha and a life in the mountains taught her otherwise.

Organized for easy reference, this comprehensive, concise, and clinically focused text covers all aspects of emergency medicine. Chapters follow a consistent, structured format—clinical presentation, differential diagnosis, evaluation, management, and disposition with highlighted critical interventions and common pitfalls. In this edition, the Pain and Pain Management section is now at the front of the book, since a large percentage of emergency department patients present with pain-related complaints. The Trauma section now follows the High-Risk Chief Complaint section. A new two-color design will help readers find critical elements of each chapter easily. A companion Website will include the fully searchable text, more than 400 self-assessment questions with answers, and additional images and tables.

Keynote: Boys and girls ages 0 to 3 will love this sturdy, oversized board book with over 50 flaps to lift, featuring Nickelodeon's PAW Patrol. Get on the case with Nickelodeon's PAW Patrol! Chase, Marshall, Rubble, Skye, and the rest of the puppy heroes are on a mission to save their friends and protect the community of Adventure Bay using their paw-some vehicles, tools, and teamwork.

A Guide to Practicing Medicine in Challenging Environments Wilderness and Rescue Medicine: A Practical Guide for the Basic and Advanced Practitioner provides the critical insight and tools required to practice medicine in remote or challenging environments. There is no place in field medicine for unreasonable restrictions on the practical application of medical judgment that is the guiding philosophy of this user-friendly guide. Wilderness and Rescue Medicine: A Practical Guide for the Basic and Advanced Practitioner teaches readers how to improvise, adapt and exercise reasonable judgment at any level of medical training and in any difficult environment, from the desert to the oceans, from the backwoods to cities stricken by disaster. Grounded in the collective wisdom of hundreds of instructors, rescue personnel and medical practitioners, this text explores medical problems in a broad wilderness context including cold injuries, altitude illness, diving and lightning injuries and toxins, among others and pairs that exploration with the realities of solving such problems in the field, well outside the confines and comforts of mainstream medicine. Wilderness and Rescue Medicine: A Practical Guide for the Basic and Advanced Practitioner provides: The most up-to-date guidance on practicing medicine in a wilderness context An introduction to critical body systems and the general principals of trauma Specific information on environmental and backcountry medicine An examination of the medical role in search and rescue missions"

[The Next 15 Minutes](#)

[Ski Area Management](#)

[The Wild Medicine Solution](#)

[National Ski Patrol's Manual for Mountain Rescue, 2nd Edition](#)

[Fundamentals of Search and Rescue](#)

[White Heat](#)

[A Patroller's Guide to Medical Care](#)



[Emergency](#)

[Ski Patroller](#)

[Harwood-Nuss' Clinical Practice of Emergency Medicine](#)

[Medicine for the Outdoors](#)

*Developed in partnership with the National Ski Patrol, Outdoor Emergency Care, Fifth Edition, offers relevant, invaluable content for all emergency first responders working in an outdoor environment. The contributing authors and reviewers are highly respected experts in education in the outdoor emergency care community. The vast experience of these individuals, combined with over 90 years of EMS work and ski patrolling from the editors alone, has been incorporated into every chapter of this text, providing you with a learning resource that is rich in practical knowledge. This book should be used not only as an initial text but maintained on your bookshelf as a valuable reference manual.*

*Little did Isaac Newton, Charles Darwin and other 'gentlemen scientists' know, when they were making their scientific discoveries, that some centuries later they would inspire a new field of scientific practice and innovation, called citizen science. The current growth and availability of citizen science projects and relevant applications to support citizen involvement is massive; every citizen has an opportunity to become a scientist and contribute to a scientific discipline, without having any professional qualifications. With geographic interfaces being the common approach to support collection, analysis and dissemination of data contributed by participants, 'geographic citizen science' is being approached from different angles.*

*Geographic Citizen Science Design takes an anthropological and Human-Computer Interaction (HCI) stance to provide the theoretical and methodological foundations to support the design, development and evaluation of citizen science projects and their user-friendly applications. Through a careful selection of case studies in the urban and non-urban contexts of the Global North and South, the chapters provide insights into the design and interaction barriers, as well as on the lessons learned from the engagement of a diverse set of participants; for example, literate and non-literate people with a range of technical skills, and with different cultural backgrounds. Looking at the field through the lenses of specific case studies, the book captures the*

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current state of the art in research and development of geographic citizen science and provides critical insight to inform technological innovation and future research in this area.

Developed in partnership with the National Ski Patrol, *Outdoor Emergency Care: A Patroller's Guide to Medical Care, Sixth Edition*, is designed to prepare first responders to handle any medical situation in the outdoor environment, during all seasons. The Sixth Edition features: A straightforward, consistent patient assessment process. The patient assessment process is presented in the same way patients are assessed in the health care system. Flowcharts are provided throughout the Patient Assessment chapter to keep the reader focused on each step of the process. Up-to-date content. As you read through each chapter, you will find new information that is current with present prehospital patient care. Subject matter that meets and, in many cases, exceeds the National Emergency Medical Responder criteria. Information unique for ski and bicycle patrollers, including extrication, is included. This material is presented in a format that combines the disciplines of urban EMS and wilderness medical rescue. Continuous case studies. A continuous case study is included in each chapter to encourage critical thinking and application of the information as readers progress through the chapter. End-of-chapter review questions. The review questions included at the end of each chapter allow students to evaluate the knowledge they have gained while reading the chapter. Focus on learning objectives. Specific objectives listed at the beginning of each chapter tell students at the outset what they are expected to learn as they move through the chapter. Kim Kircher's husband's illness wasn't something she could blow up as she had done countless times on the ski slopes during avalanche control. Instead, Kim faced the biggest double black diamond ski run of her life as she listened to the doctors put her husband on the transplant list while he fought bile duct cancer. *The Next 15 Minutes* is Kim's high octane story of how she drew strength from her life among the ski slopes and of the daring world that showed her how to survive and fight back. Kim Kircher has been an EMT with avalanche control at Crystal Mountain, Washington, for twenty years.

Traces the origins of a fledgling army troop comprised of

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*climbers and skiers who formed America's first alpine division, discussing their extensive training and contributions to the Second World War's final victories.*

[The Essential Guide to First Aid and Medical Emergencies](#)

[PAW Patrol Big Lift-And-Look Board Book \(PAW Patrol\)](#)

[The Winter Army](#)

[Outdoor Emergency Care: A Patroller's Guide to Medical Care](#)

[A Comprehensive Guide, 4th Edition](#)

[Outdoor Recreation Insurance, Risk Management, and Law](#)

[Can You Make the Grade? Would You Like the Work?](#)

[Wilderness Medicine](#)

[Staying Alive in Avalanche Terrain](#)

[World Report on Ageing and Health](#)

[The Untold Story of WWII's 10th Mountain Division Ski Troops](#)