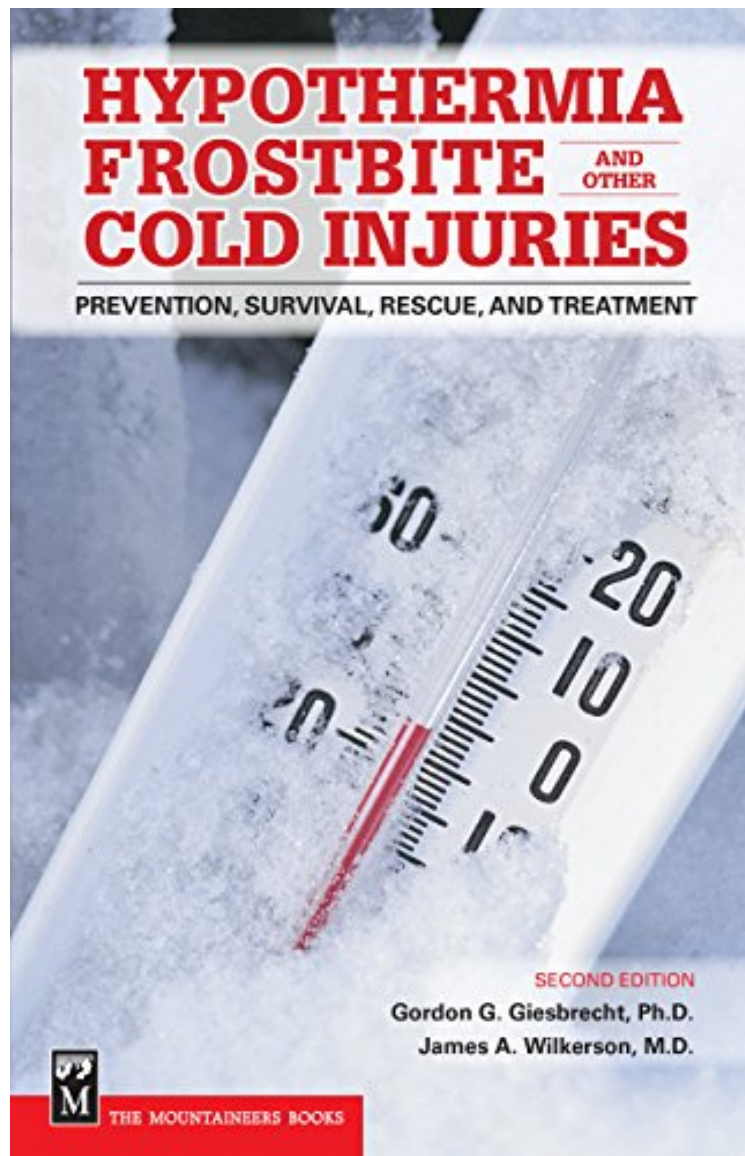


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## Hypothermia, Frostbite, and Other Cold Injuries: Prevention, Survival, Rescue, and Treatment, 2nd Edition

Von Gordon G.

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Von Gordon G. : Hypothermia, Frostbite, and Other Cold Injuries: Prevention, Survival, Rescue, and Treatment, 2nd Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Hypothermia, Frostbite, and Other Cold Injuries: Prevention, Survival, Rescue, and Treatment, 2nd Edition:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Gute ZusammenfassungVon -KundeVon Survival Techniken ber die medizinischen Hintergrnde bis zu Erste Hilfe Manahmen. Wunderbares Buch fr Winter Survival, Bushcraft oder einfach Wandern gehen.

Kurzbeschreibung\* A vital resource for search and rescue professionals and physicians as well as outdoor enthusiasts \* Includes new chapters to cover cold injuries and strategies for survival that weren't in the previous editionHikers, skiers, climbers, hunters, fishermen, bicyclists, and lost children -- all are potentially at risk of hypothermia or other cold injuries including frostbite and trenchfoot. Cold water immersion is also a major cause of death in boating accidents. Yet as shown in anecdotes from the updated second edition of Hypothermia, Frostbite, and Other Cold Injuries, many people have died unnecessarily, succumbing to cold effects long before hypothermia sets in. This compact, comprehensive book covers the causes and effects of hypothermia and other cold injuries, and tells how to prevent, recognize, and treat them. Included is coverage of how the body loses heat and the latest rewarming techniques such as thermal wraps. This edition has added chapters on cold water drowning and covers additional cold injuries from Raynaud's phenomenon to cold-induced asthma. You'll also find strategies for cold-weather survival, plus safe practices for working on the ice and ice water escape and rescue techniques. Kurzbeschreibung\* A vital resource for search and rescue professionals and physicians as well as outdoor enthusiasts \* Includes new chapters to cover cold injuries and strategies for survival that weren't in the previous editionHikers, skiers, climbers, hunters, fishermen, bicyclists, and lost children -- all are potentially at risk of hypothermia or other cold injuries including frostbite and trenchfoot. Cold water immersion is also a major cause of death in boating accidents. Yet as shown in anecdotes from the updated second edition of Hypothermia, Frostbite, and Other Cold Injuries, many people have died unnecessarily, succumbing to cold effects long before hypothermia sets in. This compact, comprehensive book covers the causes and effects of hypothermia and other cold injuries, and tells how to prevent, recognize, and treat them. Included is coverage of how the body loses heat and the latest rewarming techniques such as thermal wraps. This edition has added chapters on cold water drowning and covers additional cold injuries from Raynaud's phenomenon to cold-induced asthma. You'll also find strategies for cold-weather survival, plus safe practices for working on the ice and ice water escape and rescue techniques. ber den Autor und weitere MitwirkendeGORDON GIESBRECHT PH.D., is a professor at the University of Manitoba in Winnipeg, Manitoba, Canada, where he operates the Laboratory for Exercise and Environmental Medicine.