



St. John Ambulance First Aid Reference Guide: Preparing for emergencies at work, home and play

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In an emergency, knowing what to do is key in saving someone's life. Having the first aid skills to intervene will help you deliver care promptly when it is needed. Take charge of the situation with the St. John Ambulance First Aid Reference Guide by learning to assess the scene and manage a casualty. Our guide will teach you how to perform first aid for a myriad of scenarios which may include: airway and breathing emergencies, cardiovascular emergencies, wounds and bleeding, as well as bone and joint injuries.

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