

# THE COMPLETE **FIRST AID** POCKET GUIDE

**STEP-BY-STEP TREATMENT FOR ALL OF YOUR  
MEDICAL EMERGENCIES INCLUDING**



Heart  
Attack



Choking



Anaphylaxis



Stroke



Head  
Injuries



Minor  
Wounds



Food  
Poisoning



Shock



Burns

JOHN FURST

# Pocket First Aid Cpr Guide

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