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Bendis Saage

**Survival Medicine Book:
Emergency First Aid and Disaster
Medicine Guide
Essential Outdoor and Survival Medicine
Skills for Bushcraft First Aid, Natural
Healing, and Survival Without a Doctor in
Wilderness Emergencies**

95 Sources

44 Diagrams

99 Images

7 Illustrations

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Dear readers,

We sincerely thank you for choosing this book. With your choice, you have not only given us your trust but also a part of your valuable time. We truly appreciate that.

In a world full of unpredictable events, medical knowledge can be the difference between life and death. What to do when professional help is not available? This specialized book imparts solid knowledge of emergency and wilderness medicine—from life-saving immediate measures to the use of natural remedies. The practical instructions empower you to provide basic medical care in crisis situations, during outdoor sports, or in the wilderness. Learn proven techniques for wound care, natural pain management, and how to handle typical outdoor injuries. The structured reference work combines modern emergency medicine with traditional healing practices, imparting vital knowledge for extreme situations. Prepare yourself now for medical challenges away from civilization—because in a real emergency, every minute counts.

This guide provides you with easy-to-understand and practical information on a complex topic. Thanks to self-developed digital tools that also use neural networks, we were able to conduct extensive research. The content has been optimally structured and developed up to the final version to provide you with a well-founded and easily accessible overview. The result: You get a comprehensive insight and benefit from clear explanations and illustrative examples. The visual design has also been optimized through this advanced method so that you can quickly grasp and use the information.

We strive for the highest accuracy but are grateful for any indication of possible errors. Visit our website to find the latest corrections and additions to this book. These will also be incorporated in future editions.

We hope you enjoy reading and discover new things! If you have any suggestions, criticism or questions, we look forward to your feedback. Only through active exchange with you, the readers, can future editions and works become even better. Stay curious!

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Quick access to knowledge

To ensure an optimal reading experience, we would like to familiarize you with the key features of this book:

- **Modular Structure:** Each chapter is self-contained and can be read independently of the others.
- **Thorough Research:** All chapters are based on thorough research and are supported by scientific references. The data shown in the diagrams serves for better visualization and is based on assumptions, not on the data provided in the sources. A comprehensive list of sources and image credits can be found in the appendix.
- **Clear Terminology:** Underlined technical terms are explained in the glossary.
- **Chapter Summaries:** At the end of each chapter, you'll find concise summaries that give you an overview of the key points.
- **Concrete Recommendations:** Each subchapter concludes with a list of specific advice to help you put what you've learned into practice.

Additional bonus materials on our website

We plan to provide the following exclusive materials on our website:

- Bonus content and additional chapters
- A compact overall summary
- An audio drama version. (In planning)

The website is currently under construction.



www.SaageBooks.com/survival_medicine-bonus-BDUJAZH



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1. Emergency Medical Basics



What to do when medical assistance is not available within a few minutes? In crisis situations and remote areas, even basic knowledge of emergency care can save lives. The right techniques and skills enable effective first aid even with limited resources. This chapter imparts essential skills for medical first response under challenging conditions. Those who master these fundamentals can act calmly in critical moments—when every minute counts.



1. 1 Life-Saving Immediate Actions



Life-threatening emergencies require quick, thoughtful action. This chapter addresses the most important life-saving immediate measures in cases of unconsciousness, cardiac arrest, and severe bleeding. The techniques described here are essential for providing effective assistance in crisis situations until professional rescue teams arrive. Ignorance can have fatal consequences – learn now how to save lives.

Continuous practice and regular refreshment of first aid skills, particularly the recovery position, CPR, and bleeding control, are crucial for effective action in emergencies.

Unconsciousness and Recovery Position



Unconsciousness occurs when a person does not respond to external stimuli [s1]. It is classified as a medical emergency and can have various causes, such as illnesses, injuries, drug use, or choking [s1]. In cases of unconsciousness, regular monitoring of breathing and pulse is crucial [s1]. If the unconscious person is breathing, the recovery position (also Recovery Position) should be adopted to keep the airways clear and minimize the risk of choking [s2] [s3]. This is particularly important for individuals with reduced consciousness to prevent airway obstructions and aspiration [s2]. If the unconsciousness is due to a seizure, the recovery position also provides

protection against aspiration [s4]. However, if a spinal injury is suspected, repositioning should be avoided as long as breathing is present [s1]. In the case of cardiac arrest, the recovery position should not be used, as it complicates the detection of the arrest [s2]. The correct execution of the recovery position can be significantly improved through targeted training, such as a three-day first aid course [s5]. Studies show that after such training, the success rate increases from 1% to 74%, and this rate remains nearly constant even after four months [s5]. Children from the age of seven are capable of learning and applying the recovery position, which fosters their social responsibility and empathy [s5] [s6]. Even if they hesitate in test



Airway obstruction ^[i1]



Cardiac arrest ^[i2]

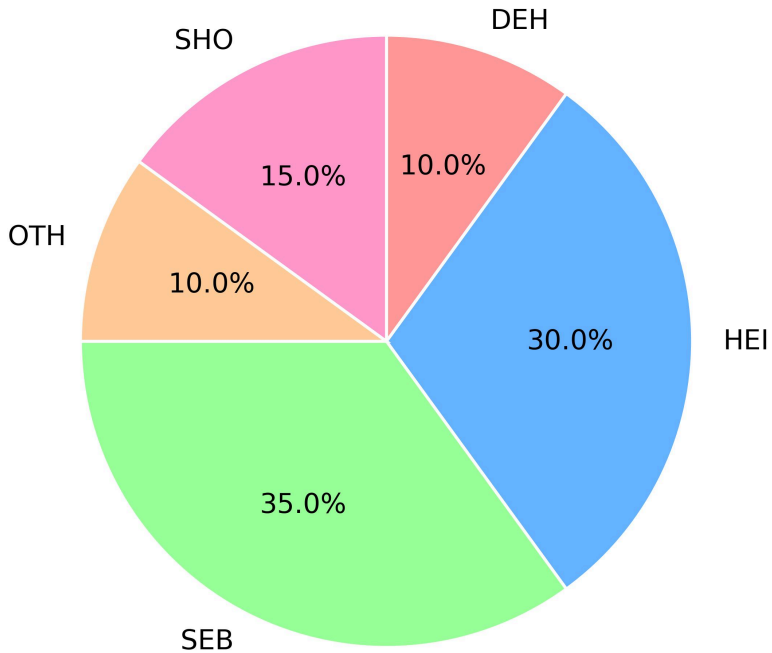
situations, children often demonstrate the correct application of learned first aid measures, including the recovery position, in real emergency situations [s6]. The positioning of the patient should always consider the individual situation and the necessity of continuous monitoring of breathing and consciousness [s2]. It is important to note that the scientific evidence regarding the recovery position is limited, and current recommendations are based on weak evidence [s2].



First Aid Training ^[i3]

Common Causes of Unconsciousness

Distribution of unconsciousness causes in survival situations.



DEH: Dehydration

OTH: Other

SHO: Shock

HEI: Head Injury

SEB: Severe Bleeding

The chart highlights that severe bleeding and head injuries are the most frequent causes of unconsciousness in survival scenarios, emphasizing the importance of prioritizing skills like hemorrhage control and assessing head trauma. While other factors contribute understanding the prevalence of these major causes allows for better preparation and resource allocation in a crisis.