



Hypothermia Frostbite And Other Cold Injuries: Prevention, Recognition, Rescue, and Treatment

Gordon G., Ph.D. Giesbrecht, James A. Wilkerson

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The compact yet comprehensive guide to recognizing, preventing, and treating hypothermia and other cold injuries—now updated with the latest research

- A vital resource for search and rescue professionals and physicians as well as
- outdoor enthusiasts
- Adds four new chapters to cover additional cold injuries and strategies for survival

Hikers, 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. The new second edition includes expanded coverage of how the body loses heat and the latest rewarming techniques such as thermal wraps. There are new chapters on cold water drowning and covering additional cold injuries from Raynaud's phenomenon to cold-induced asthma.

Other new chapters present strategies for cold weather survival, plus safe practices for working on the ice and ice water escape and rescue techniques.

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Joan Henderson:

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