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# A Step By Step Guide To Prepare A First Aid Kit



## Synopsis

Maybe you were kicking the ball around with friends and twisted your ankle or maybe your heel broke and you tumbled to the pavement, skinning your knee. Would you be able to take care of your injuries right away? Would you be painfully forced to wait until you could get back home or to the office? It isn't pleasant to try and walk on a sprained ankle or with blood dripping down your shin. If only you had a way to take care of the injury that would hold you over until you could get a good look at it and determine whether or not, you needed medical attention. Oh wait! You can do just that when you carry a first aid kit in your purse or backpack! Or you can even pack a kit in your car so that you have in case you run into any traveling injuries.

## Book Information

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## Customer Reviews

This is a lesson that I feel everyone should learn!!! There are so many people that neglect to take the what if into account. I think everyone should learn how to prepare to be ready for anything! I would highly recommend this book to anyone. I received it during a promotional offer in which they gave me the book in exchange for my honest and unbiased opinion.

My mother was a nurse and she always did the first aid kit, however being a new mother myself I needed to learn for my son and my family. Some of the things included in the book my mom never thought about including which was surprising. So definitely a good read and extremely helpful so a good buy.

Being a mom of a child but starting to get into sports this is something that I really need to have in my house in my car anywhere we may travel to being a boy he is what they say it is a curtain climbers so I wanted to make sure I had all the proper stuff in my own first aid kit

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