First Aid Manual

You manual must include the following:

1. Table of Contents
2. Skin wounds
   1. MRSA
   2. Plantar Wart
   3. Blisters
   4. Acne
   5. Staph
   6. Burns( 1st, 2nd, 3rd )
3. Bone/Joint Injuries
   1. Fractures ( Types )
   2. Sprains
   3. Strains
4. Muscular Injuries
   1. Contusion
   2. Tendonitis
   3. Bursitis
   4. Hematoma
5. Heat Illness
   1. Heat Stroke
   2. Dehydration
   3. Cramps
6. Cold Illness
   1. Frost Bite
   2. Hypothermia
7. Medical Emergencies
   1. Shock
   2. Seizure
8. P.R.I.C.E.
9. CPR/AED Directions
10. Emergency Numbers
11. Sources Page

What you need:

Pictures for each page and be creative.

2-7- You need to explain what it is and how would you treat it.

8- What does P.R.I.C.E stand for?

10- Give Emergency Agencies and Numbers for those Agencies