

Conclusion: Transcript
Bringing It All Together



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In medical emergencies there are basically three ways that at least I can think of that you might be able to help an injured or an ill person. In order of preference, those would be: ask an expert, or use that knowledge you have up in your head, or consult or read a book or a website.

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3 Ways to Help an Injured Person

- Ask medical experts.
- Use your knowledge.
- Look it up.

The ideal way to deal with this is to have a medical expert around to direct you on what to do and defer to the expert. Of course we know that's not always going to be the situation. If it were to be, though, you'd be able to help the expert better if you were prepared and you had the knowledge already in your head.

And then there's the number two. Use the knowledge that you have stored up there—these videos, reading, your experience, memorization—and use that to your advantage.

And number three, you could have someone read whatever information you have there on the side, from the Web or from a book, or you could read it yourself and act on it accordingly.

For a true, life-threatening emergency, I think it's pretty obvious that number one or two are going to be the best. Because when the person is in dire straits, if you're going to be researching the subject, you may be too late to help the person.

Now, after that person is out of immediate danger, then that information on the Web or in the book might come in awfully handy. But you're going to have to have some knowledge in your head or an expert around, first off in order to get your person along that far and secondly to know what subject to look up in the book.

I hope you've enjoyed these videos. They should have increased your knowledge or at least reinforced what you already knew. Now, don't be intimidated if you don't remember everything. Nobody could. Even after the second or third time, you're not going to remember everything. But you'll be surprised what you're going to remember if you get into an emergency—what will come back to you.

I suggest you go over these videos from time to time because, like the old Roman guy etched in stone, "Repetition is the mother of all learning."

Be sure to check out my website at TheSurvivalDoctor.com for all sorts of learning tools. I hope you'll never need them, but if you do, you'll be prepared.

THE END