

What  
Inmost  
● Sustenance ●

Why  
Inmost  
◆ Health ◆

Who  
Inmost  
■ Sustainer ■

Health regards the Needs of People.

Inmost Health regards the Needs of Oneself.

There is always the possibility of a [medical emergency](#).

The commonest examples being a [heart attack](#), a [seizure](#), or a sudden [injury](#).

Therefore, preparations must be made.

Always have access to a [first aid kit](#) and [emergency services](#).

Maintain basic health knowledge and practises.

And be aware of the specific needs of specific people.

## Foundational

Priced Book:

[Maribeth Boelts \(2003\), Kids to the Rescue!: First Aid Techniques for Kids; Parenting Press.](#)

Free Book:

[Triple One Care \(2021\), A New Zealand First Aid Reference Guide.](#)

Web Resources:

[RedCross](#), [FirstAidForFree](#), [St John Ambulance Channel](#)

## Intermediary

Priced Book:

[British Red Cross Society \(2016\), First Aid Manual \(10th ed.\); Dorling Kindersley.](#)

Free Book:

[Indian Red Cross Society \(2016\), Indian First Aid Manual \(7th ed.\).](#)

Web Resources:

[MedlinePlus](#), [PubMed](#), [Examine.com](#)