

Inmost
● Sustenance ●

Inmost ◆ Health ◆

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

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

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

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

Intermediary

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

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

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