

◆ Inmost Health ◆

Resource Justification

Foundational

Closed Book:

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

Reliability:

- [Maribeth Boelts](#): According to their [biography](#) (03-Feb-2022), they achieved an emergency medical technician certification from [Hawkeye Institute of Technology](#) in 1988:

Maribeth Boelts (1964-) Biography

Personal, Career, Member, Writings, Sidelights

Born 1964, in Waterloo, IA; *Education*: University of Northern Iowa, B.A., 1987; Hawkeye Institute of Technology, emergency medical technician certification, 1988. *Politics*: Democrat. *Religion*: Christian Reformed. *Hobbies and other interests*: Reading, exercise, spending time with husband and children.

- [Darwin Boelts](#): No Internet presence. Likely related to the first listed author, Maribeth Boelts.
- According to the Acknowledgements section at the start of the book, the following people reviewed the text:
 - (03-Feb-2022) [Dr. Jeffrey Lindenbaum](#) of Group Health, Seattle, Washington
 - Ron Rutherford, PhD of Lifetek Inc., Kirkland, Washington
 - Dr. Paul Mendelman of the University of Washington School of Medicine, Department of Paediatrics, Seattle, Washington

The authors would like to thank the Boy Scouts of America, Irving, Texas; the American Heart Association, Dallas, Texas; and Sara Van Brocklin, a ten-year-old reader and friend.

The publisher would like to thank Dr. Jeffrey Lindenbaum of Group Health, Seattle, Washington; Ron Rutherford, Ph.D. of Lifetek, Inc., Kirkland, Washington; and Dr. Paul Mendelman, University of Washington School of Medicine, Department of Pediatrics, Seattle, Washington for their review of the text and first aid procedures. Special thanks also go to Stacey Shiovitz for a youthful review of the text and illustrations.

Usability:

- (03-Feb-2022) The revised edition scored 4.5 from 32 ratings on [Amazon](#).

Open Book:

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

Note:

- It was difficult to find a free and simplified first aid manual. This may be replaced in the future.

Reliability:

- **Triple One Care**: According to [this page](#) (03-Feb-2022) of their website, Triple One Care was founded by André Slierendrecht: a front-line paramedic for 15 years, with experience in St John and the Westpac Trust Rescue Helicopter. According to [Open Corporates](#) (03-Feb-2022), they were incorporated on 08-Feb-2000. It is unlikely that a New Zealand first aid company, which is over two decades old and was founded by an experienced front-line paramedic, would produce a first aid manual with serious errors.

Web Resources:

RedCross

Reliability:

- (03-Feb-2022) This is a branch of the IFRC with more virtual resources. According to the [website of IFRC](#), they are the world's largest humanitarian network operating in more than 192 countries and with over 14 million volunteers.

The International Federation of Red Cross and Red Crescent Societies (IFRC) is the world's largest humanitarian network.

Our secretariat supports local Red Cross and Red Crescent action in more than 192 countries, bringing together almost 14 million volunteers for the good of humanity.

FirstAidForFree

Reliability:

- Founded by [John Furst](#): Former first aid instructor and Emergency Medical Technician (EMT) .
- (03-Feb-2022) They [claim](#) the website production team is now made up of first aid instructors and experts worldwide:

Our History

Firstaidforfree.com was founded by [John Furst](#), a first aid instructor & Emergency Medical Technician (EMT). Frustrated by the lack of free, reliable & accurate first aid information available on the internet, John set out to develop interactive first aid resources to enable people to learn basic first aid skills at any time.

Our team is now made up of first aid instructors and experts from across the world. We work hard to ensure our content remains up-to-date with the latest CPR and first aid guidelines.

- (03-Feb-2022) The site is regularly updated, so they are likely fulfilling their stated aim of keeping their content up-to-date with the latest CPR and first aid guidelines.

StJohn Ambulance Channel

Reliability:

- (03-Feb-2022) According to their [website](#) and common knowledge, they are a widely recognised organisation

providing first aid and emergency medical services.

Utility:

- This is a playlist, so it provides the necessary visual and moving demonstrations that books cannot.

Advanced

Closed Book:

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

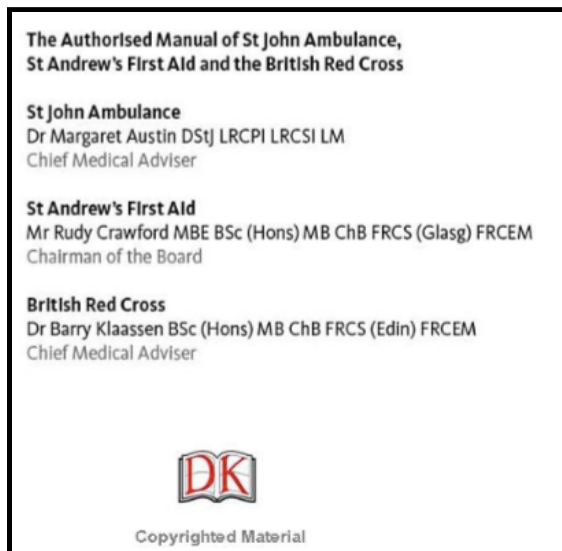
Reliability:

- [British Red Cross Society \(BRCS\)](#): The United Kingdom body of the worldwide neutral and impartial humanitarian network, the [International Red Cross and Red Crescent Movement \(IFRC\)](#). According to the [website of IFRC](#) (03-Feb-2022), they are the world's largest humanitarian network operating in more than 192 countries and with over 14 million volunteers:

The International Federation of Red Cross and Red Crescent Societies (IFRC) is the world's largest humanitarian network.

Our secretariat supports local Red Cross and Red Crescent action in more than 192 countries, bringing together almost 14 million volunteers for the good of humanity.

- Apparent Editorial Committee (as listed):
 - Dr Margaret Austin: [DStj](#), [LRCPI](#), [LRCSI](#), [LM](#) (Chief Medical Adviser)
 - Mr Rudy Crawford: [MBE](#), [BSc \(Hons\)](#), [MB](#), [ChB](#), [FRCS \(Glasg\)](#), [FRCEM](#) (Chairman of the Board)
 - Dr Barry Klaassen: [BSc \(Hons\)](#), [MB](#), [ChB](#), [FRCS \(Edin\)](#), [FRCEM](#) (Chief Medical Adviser)



Usability:

- (03-Feb-2022) The 10th edition scored 4.7 from 826 ratings on [Amazon](#).
- (03-Feb-2022) The 9th edition scored 4.23 from 218 ratings on [GoodReads](#).

Open Book:

Indian Red Cross Society (2016), Indian First Aid Manual (7th ed.).

Reliability:

- **Indian Red Cross Society (IRCS)**: The Indian body of the worldwide neutral and impartial humanitarian network, the **International Red Cross and Red Crescent Movement (IFRC)**. According to the [website of IFRC](#) (03-Feb-2022), they are the world's largest humanitarian network operating in more than 192 countries and with over 14 million volunteers:

The International Federation of Red Cross and Red Crescent Societies (IFRC) is the world's largest humanitarian network.

Our secretariat supports local Red Cross and Red Crescent action in more than 192 countries, bringing together almost 14 million volunteers for the good of humanity.

- In the Acknowledgements Section (pg. 10), contributions from at least 14 medical doctors are acknowledged. For example, here is a summary of the Editorial Committee:
 - Dr V. Bhushan: Joint Secretary of the Indian Red Cross Society; General Surgeon
 - Mr S. C. Goyal: First Aid Training Specialist
 - Mr M. M. Gupta: First Aid Training Specialist
 - Dr T. S. Jayalakshmi: Advisor for Indian Red Cross Society; Professor of Anaesthesiology [AIIMS](#)
 - Dr K. Raizada: Advisor for [IFRC in India](#); General Medicine
 - Dr J. Singh: First Aid Consultant for Emergency Care; BRC-FI in India; Epidemiologist

EDITORIAL COMMITTEE (in alphabetical order):

Dr V. Bhushan	Joint Secretary, Indian Red Cross Society Joint Secretary, St John Ambulance Association India Chairman Editorial Board General Surgeon
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Mr M.M. Gupta	Deputy Commissioner, St John Ambulance Association India First aid training specialist
Dr T.S. Jayalakshmi	Advisor, Indian Red Cross Society Professor Anaesthesiology AIIMS
Dr K. Raizada	Advisor, IFRC India General Medicine
Dr J. Singh	Consultant First Aid – Emergency Care, BRC-FI India Epidemiologist

Web Resources:

MedlinePlus

Reliability:

- According to their [About Page](#) (03-Feb-2022), they are a service of the [National Library of Medicine](#) (NLM), the world's largest medical library, which is part of the [National Institutes of Health](#) (NIH):

MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).

PubMed

Reliability:

- According to their [About Page](#) (03-Feb-2022), PubMed was developed and maintained by the [National Center for Biotechnology Information](#) (NCBI), at the [U.S. National Library of Medicine](#) (NLM), located at the [National Institutes of Health](#) (NIH):

Available to the public online since 1996, PubMed was developed and is maintained by the [National Center for Biotechnology Information](#) (NCBI), at the [U.S. National Library of Medicine](#) (NLM), located at the [National Institutes of Health](#) (NIH).

- It comprises more than 33 million citations for biomedical literature from [MEDLINE](#), life science journals, and online books.

Examine.com

Reliability:

- The [team of experts](#) (03-Feb-2022) has multiple relevant PhDs in nutrition and the biosciences. For example:
 - [Kamal Patel](#): MBA, MPH, PhD(c) in nutrition
 - Bill Willis: PhD in biomedical science
 - Daniel Feldman: RD, MS in human nutrition, NASM CPT
- Claims to strive for independence and no conflict of interests. No known counterevidence to this since its inception in 2011. Furthermore, they acknowledge their mistakes and fallibility on their '[Our Mistakes](#)' (03-Feb-2022) page.