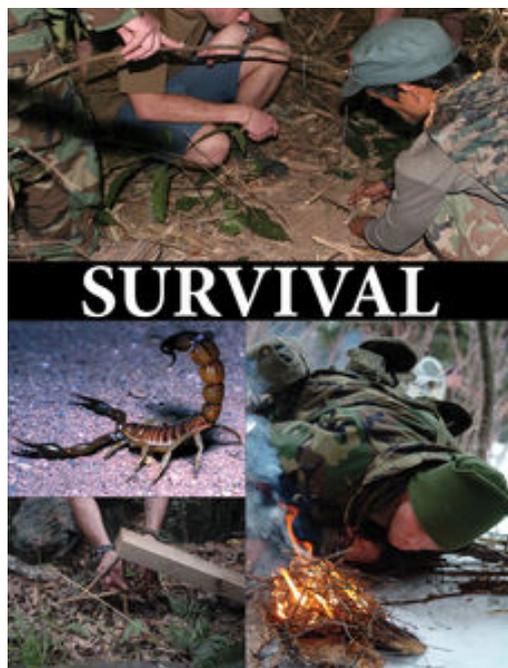


Download Online Boek Nederlands SURVIVAL - John F. Kennedy Special Warfare Center And School



Download online boek Nederlands SURVIVAL John F. Kennedy Special Warfare Center and School , SURVIVAL: A "proven" comprehensive survival manual with concise explanations, pictures, and detailed illustrations; this is an essential book for anyone. The content of this manual is unmatched in depth; knowledge is drawn from hundreds of years, thousands of man hours, and first hand operational experience. If you are a trainer this manual is the corner stone which to build a survival training program. Learning survival skills will reduce fear of the unknown and give you self-confidence to survive. Psychology of survival is a key ingredient, having the will to survive is essential. Increase your chances of survival by planning, preparation, and practice. Survivors have related feelings of apathy and helplessness because they could not medically treat themselves. One person with a fair amount of basic medical knowledge can make a difference in the lives of many. Three

essentials of survival: water, food, and shelter-are prioritized according to the estimate of the actual situation. In some areas, your need for shelter may take precedence over your need for food and possibly even your need for water. For example, prolonged exposure to cold can cause excessive fatigue and weakness (exhaustion). Fire craft the ability to start a fire; you can cook, preserve food, provides warmth, purify water, sterilize bandages, signal for rescue, and produce tools & weapons. We can live for weeks without food but it may take days or weeks to determine what is safe to eat and to trap animals in the area. Plants can provide you with medicines, chemicals for poisoning fish, preserving animal hides. Smaller animals actually present more of a threat to you than large animals. To compensate for their size, nature has given many small animals weapons such as fangs and stingers to defend themselves. Each year, a few people are bitten/attacked by sharks, alligators, and bears. However, each year more victims die from bites by relatively small venomous snakes. Even more victims die from allergic reactions to bee stings. Imagine being in a survival situation without any weapons, tools, or equipment. You would probably feel helpless, but with the proper knowledge and skills, you can easily improvise needed items. In a survival situation, you may have to cross a water obstacle. It may be in the form of a river, a lake, a bog, or quicksand. Whatever the obstacle, you need to know how to cross it safely. If you are not proficient in using a map and compass, you must take the steps to gain this skill. There are several methods by which you can determine direction by using the sun and the stars. Nuclear, chemical, and biological (NBC) man-made hazards have become potential realities in modern times. The potential of these hazards intensifies the problems of survival because of the serious dangers posed by either radioactive fallout or contamination. If you are subjected to any of the effects of nuclear, chemical, or biological event, the survival procedures recommended in this book may save your life.

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