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First Aid





First Aid

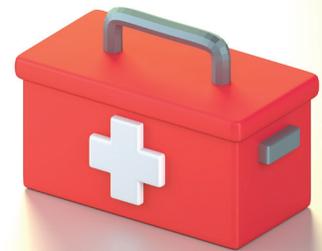


<https://nhcps.com/lesson/cpr-first-aid-first-aid-basics/>

First aid refers to the emergency or immediate care you should provide when a person is injured or ill until full medical treatment is available. For minor conditions, first aid care may be enough. For serious problems, first aid care should be continued until more advanced care becomes available.

The decision to act appropriately with first aid can mean the difference between life and death.

- ✓ Begin by introducing yourself to the injured or ill person.
- ✓ Explain that you are a first aid provider and are willing to help.
- ✓ The person must give you permission to help them; do not touch them until they agree to be helped.
- ✓ If you encounter a confused person or someone who is critically injured or ill, you can assume that they would want you to help them. This is known as "implied consent".



First Aid Kit

Common items found in a first aid kit are:

- Bandages, roller bandages and tape
- (Sterile) Gauze
- Antiseptic wipes and swabs
- Absorbent compresses
- Antibiotic cream
- Burn ointment
- Mask for breathing (rescue breathing/CPR)
- Chemical cold pack
- Eye shield and eye wash
- First aid reference guide that includes local phone numbers

1. Fill in the gaps below using words from the first aid kit list above:



1



2



3



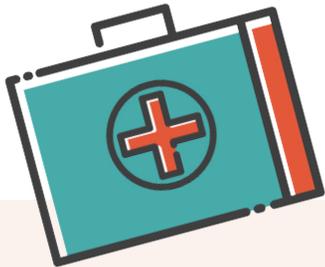
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5



2. Read the first aid tips below and then do the tasks below.



Everyday First Aid

guide to all the key skills you need for treating first aid scenarios

How to aid someone who's unresponsive and not breathing

Delivery of chest compressions

Check breathing by tilting their head backwards. Look and feel for breaths. Perform CPR. Push firmly downwards applying chest compressions. Push at a regular rate and release.



How to aid someone who's unresponsive but breathing

Place the person on their side and tilt their head back

Check breathing by tilting their head backwards and looking and feeling for breaths. Move them onto their side and tilt their head back.

How to aid someone who's bleeding heavily



Put pressure on the wound

Put pressure on the wound with whatever is available to stop or slow down the flow of blood. Keep pressure on the wound until ambulance arrives.

How to aid someone who's got a burn

Cool the affected area

Cool the burn under cold running water for at least ten minutes. See your doctor if any large blisters form. If they have serious injuries, i.e. third degree burns, take them to hospital.



How to aid someone who's got a head injury

Apply something cold

Ask them to rest and apply a cold compress to the injury (e.g. frozen vegetables wrapped in a tea towel).
If they become drowsy or vomit, take them to hospital.

How to aid someone who's poisoned by harmful substances

Establish What? When? How much?

Check whether they have breathed in or swallowed a substance. Do not make the person sick because you can cause further damage to the throat or block their airway. **Make sure** they are conscious. Call the emergency services.

How to aid someone who's got a broken bone

Immobilise the affected part

Encourage the person to support the injury with their hand, or use a cushion to prevent unnecessary movement.
Continue supporting the injury until help arrives.

How to aid someone who's sprained a ligament

Use ice and compression

Sprains can be painful but they are usually minor and can be easily treated without medical intervention. The first step is to avoid putting any weight or using the affected limb.
Use ice and compression at regular intervals throughout the day and elevate the injured limb above your heart to reduce swelling.

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3. True or False?



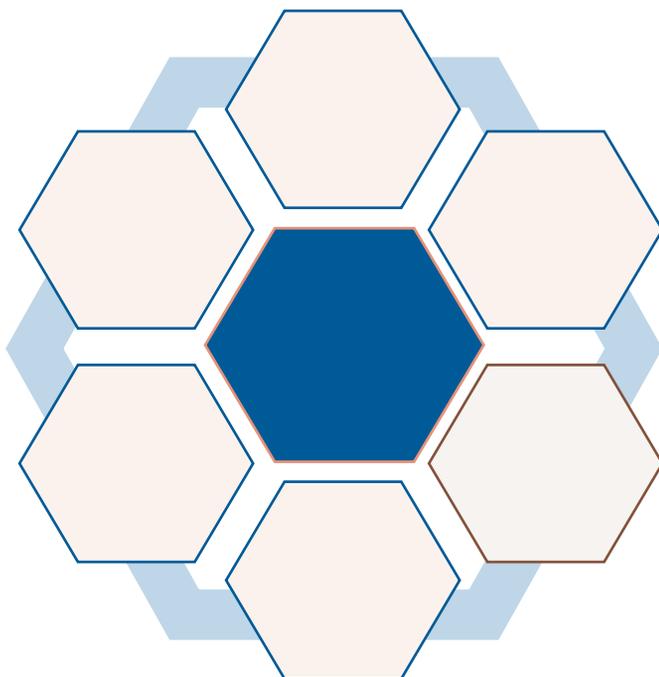
Read the instructions carefully and then answer which of the following sentences are true (T), false (F) or not mentioned (NM) according to the text.

		True	False	Not Mentioned
1.	You have to move someone onto their side if they are unresponsive and they are not breathing.			
2.	You must always make a person sick if they have swallowed a poisonous substance.			
3.	When someone has got a burn, you should use cold running water.			
4.	You shouldn't ever exercise any pressure on a bleeding wound.			

4. a. Work in pairs and complete the diagram with some of the cases in the instructions. You can add any other case you know, which requires first aid.



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- b. Make a presentation to your classmates.





5. Match the words (1-10) with the definitions (A-J).

- | | |
|-----------------------|----------------------------|
| 1. _____ unresponsive | 6. _____ paramedic |
| 2. _____ CPR | 7. _____ blister |
| 3. _____ compressions | 8. _____ third degree burn |
| 4. _____ release | 9. _____ drowsy |
| 5. _____ tilt | 10. _____ immobilise |

A	cardiopulmonary resuscitation: a method used to keep someone alive in a medical emergency, in which you blow into the person's mouth then press on their chest and then repeat the process
B	to stop something or someone from moving
C	a painful swelling on the skin that contains liquid, caused usually by continuous rubbing, especially on your foot, or by burning
D	a person who is trained to do medical work, especially in an emergency, but who is not a doctor or nurse
E	not reacting or moving at all because of being unconscious or very ill
F	to move into a sloping position
G	being in a state between sleeping and being awake
H	the act of pressing something into a smaller space or putting pressure on it from different sides until it gets smaller
I	a very serious burn in which the flesh is destroyed
J	to move a device from a fixed position to allow it to move freely

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6. Complete the sentences with the correct word from the following word list.

◆ *compression* ◆ *unresponsive* ◆ *blister* ◆ *damage*
◆ *injury* ◆ *lethargic* ◆ *threat* ◆ *release*

- 1 The key aim of first aid is to save lives and minimise the _____ of death.
- 2 Chest _____ may allow the heart to start pumping blood again.
- 3 Because of _____, her career as a dancer came to a premature end in 1998.
- 4 The patient was _____ when he was brought into hospital.
- 5 A bandage must be put on when the _____ breaks.
- 6 Hormones are _____ from glands into the bloodstream.
- 7 The child developed a nosebleed and became limp, pale and _____.
- 8 Heavy drinking can cause permanent _____ to the brain.

7. Complete each blank in the following pairs of sentences with the correct word.



1. **alert / unconscious**
a. I don't feel _____ today. I didn't sleep enough last night.
b. He suffered a major heart attack which left him _____.



2. **bleeding / injured**
a. She was _____ heavily when she cut her finger.
b. They were badly _____ in the car accident.



3. **choking / drowning**
a. She dived into the sea and saved the _____ child.
b. He was _____ because food had entered his larynx.



4. **release / immobilise**
a. If you can _____ the skin around the wound, it eases the tension and feels better.
b. Firefighters took two hours to _____ the driver from the wreckage.

8. Expressions with **MAKE** and **DO**.

In the first aid tips we read "Make sure they are conscious". What other expressions with **make** can you think of? **Put the words below in the correct column.**

a course	a difference	a promise	my best	a fortune
a date	business	my duty	an appointment	a job
a favour	arrangements	an excuse	harm	the shopping
a choice	my hair	research	a decision	a remark

make	do
-----	-----
-----	-----
-----	-----
-----	-----
-----	-----
-----	-----

9. Complete the sentences with the correct form of **make** and **do**.

- 1 Have you _____ your homework?
- 2 Peter decided to _____ a course in first aid.
- 3 Let's _____ an attempt to be at the train station in time.
- 4 They are _____ plans for the weekend.
- 5 Hurry up! I have got a lot of things to _____.
- 6 The storm has _____ a lot of damage to the house.
- 7 She _____ a nice comment about my new dress.
- 8 The student is _____ an excuse because she is late.



10. Read the text below and decide which answer (A, B, C or D) best fits each gap.

Basic first aid refers to the _____ (1) process of assessing and addressing the needs of someone who has been injured or is in physiological distress due to choking, a heart attack, allergic _____ (2), drugs or other medical emergencies. Basic first aid allows you to quickly _____ (3) a person's physical condition and the correct course of treatment. You should always seek _____ (4) medical help as soon as you are able, but following correct first aid procedures can be the difference between life and death.

Determine responsiveness. If a person is _____ (5), try to rouse them by speaking to them or by tapping at the shoulder. Do not be afraid to speak loudly or even shout. If they do

not _____ (6) to activity, sound, touch, or other stimulation, determine whether they are breathing.

Check for breathing and a _____ (7). If unconscious and unable to be roused, check for breathing: **look** for a rise in the chest area; **listen** for the sound of air coming in and out; **feel** for air using the side of your face. If no signs of breathing are apparent, place two fingers under the chin and gently guide the face pointing upwards to open up their airways. If any debris such as vomit can be seen, it is appropriate to move them onto their side to allow it to get out, which is achieved with the _____ (8) position.

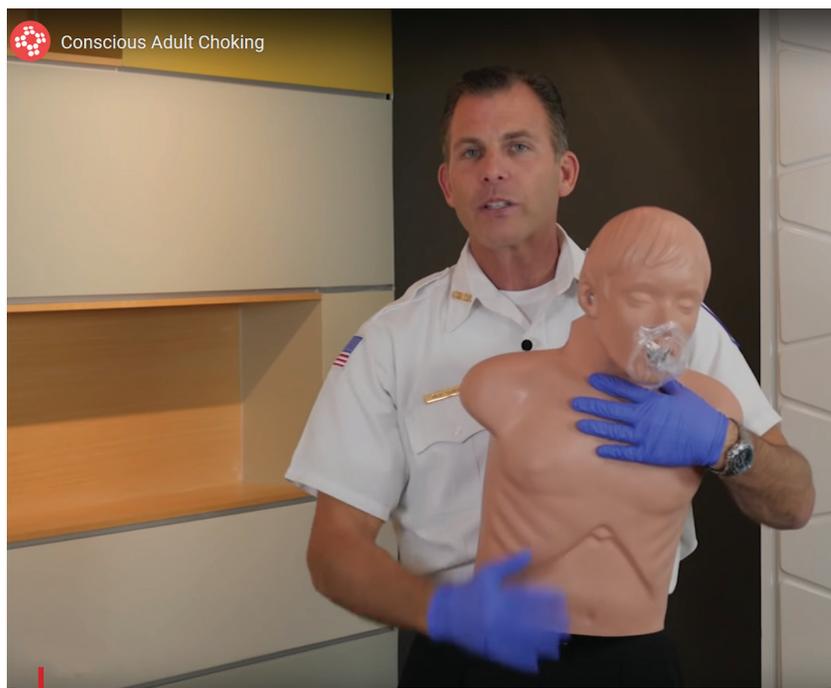


<http://www.wikihow.com/Do-Basic-First-Aid>

- | | | | | |
|---|----------------|------------------|---------------|---------------|
| 1 | A first | B early | C initial | D primary |
| 2 | A response | B reply | C reaction | D result |
| 3 | A decide | B determine | C find | D establish |
| 4 | A professional | B expert | C specialised | D qualified |
| 5 | A responsive | B exhausted | C lethargic | D unconscious |
| 6 | A move | B respond | C answer | D reply |
| 7 | A beat | B pulse | C reaction | D pulsation |
| 8 | A recovery | B revitalisation | C revival | D restoration |



- ◆ *You are going to watch a video about first aid tips on a specific occasion. Watch and listen carefully and then do the following tasks.*



http://www.profirstaid.com/training_video/conscious-adult-choking

11. What is the topic of the video?

- How to bring an adult back to consciousness (resuscitate).
- How to offer first aid to a conscious man or a woman who is choking.
- How to help an unconscious adult who is breathless.

12. Answer the following questions.

- How do we know someone is choking according to the video?
- The paramedic advises us to ask: "May I help you?". Why should we do so?
- Do we still need the Emergency Services professionals if the object comes out? Why/why not?
- In which case **shouldn't** we do an abdominal thrust?

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13. True or False?



Watch and listen carefully and mark the following statements as true (T) or false (F).

	True	False
1. If someone is choking, call the emergency services and wait.		
2. The paramedic should do abdominal thrusts, until the object comes out.		
3. The paramedic should press hard with his fist above the belly button on the choking man abdomen.		
4. The Emergency Services will probably take the victim to hospital for a quick assessment to make sure there is no internal bleeding from the abdominal thrust.		

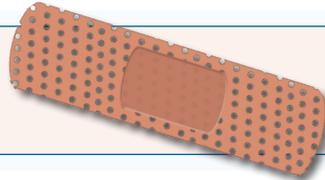




14. Complete the missing information in the instructions using the words below.

◆ *blood* ◆ *bleeding* ◆ *elevated* ◆ *pressure* ◆ *arm* ◆ *heart* ◆ *apply* ◆ *clean*

St John Wood
Ambulance Services



How to treat an arm wound

- 1 Stop the _____ as soon as possible.
- 2 Control the bleeding with direct _____.
- 3 Elevate the arm above the level of the _____.
- 4 Take some _____ gauge.
- 5 _____ direct pressure with your fingertips or hand.
- 6 Apply pressure to the _____ vessels right at the side of the injury.
- 7 Wrap a piece of cloth around the _____ several times and then tie it off.
- 8 Keep the arm _____.

15. Imagine that you work as a paramedic and the Head of the Emergency Services has asked you to write a report about the steps you took in a life-threatening medical emergency that required immediate attention. Write a report (140-180 words) to illustrate what kind of a medical emergency it was, how the incident occurred, how many people were involved, what symptoms the victims displayed and what kind of first aid was offered.



To:
From:
Subject:
Date:

The purpose of this report is to

(Subheading 1)

.....

(Subheading 2)

.....

(Subheading 3)

.....

(Subheading 4)

.....



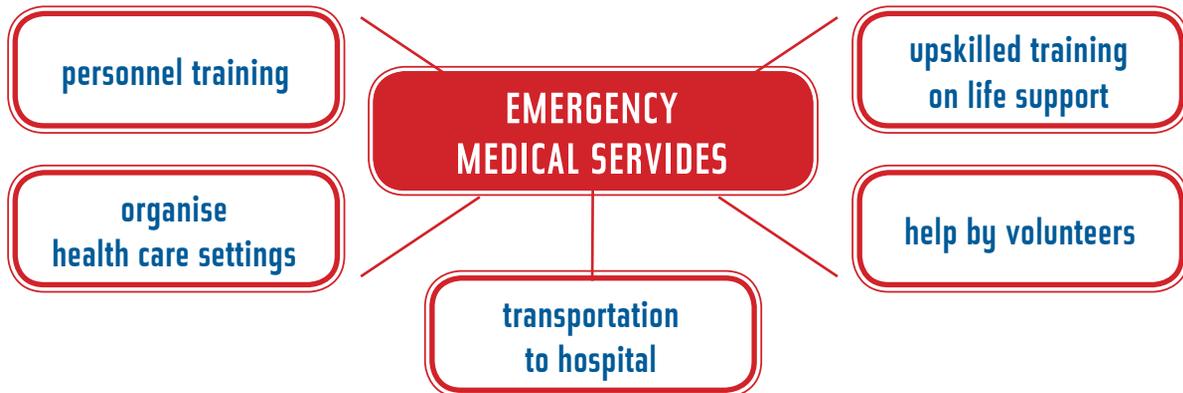
16. ✓ Brainstorm some more cases that might require first aid.
- ✓ Choose one or two of the above cases and make a list of the things you can do to help. You can search the internet for First Aid tips and instructions.
 - ✓ Make a list with the skills that the Emergency Care Assistants/professionals should have. Make a poster with your suggestions and present it to your classmates.



The Star of Life, a global symbol of emergency medical service

17. Discuss the following issue.

The City Council are planning to organise local Emergency Services so as to provide medical help in the wider area. They have asked your help and your expert opinion on the project. Read the suggestions in the following spidergram. Classify them according to their priority justifying your answers.



- 18. a.** Do you think that first aid should be part of the Greek Curriculum so that everyone is prepared to offer help in emergency cases?
- b.** Is it feasible to create a culture of volunteering in order to connect human crisis with human kindness?





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