

Projekt: Digitální učební materiály ve škole, registrační číslo projektu CZ.1.07/1.5.00/34.0527

Příjemce: Střední zdravotnická škola a Vyšší odborná škola zdravotnická, Husova 3, 371 60 České Budějovice

Název materiálu: First Aid

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Zařazení materiálu:

Šablona: Inovace a zkvalitnění výuky prostřednictvím ICT (III/2)

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Ověřující učitel: Mgr. Milan Kovář

Třída: ZLY4

Popis způsobu použití materiálu ve výuce:

Výuková elektronická prezentace, která je určena pro seznámení žáků se základními pojmy a popisem první pomoci v tematické oblasti Medical English. Materiál může sloužit jako názorná pomůcka doplňující výklad učitele, ale také je vhodná pro domácí přípravu žáků (např. zpřístupněním formou e-learningu). Materiál obsahuje zpětnou vazbu ověřující pochopení látky v podobě závěrečného snímku s otázkami k tématu.

Tento výukový materiál je spolufinancován Evropským sociálním fondem a státním rozpočtem České republiky.



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

First Aid

First Aid

- People should know how to behave in various life-threatening situations.
- People should know how to provide first aid.
- When an accident happens we should keep calm and act without panic.
- All students should learn how to provide first aid.

Life-threatening Situations

- Life-threatening situations include:
- Bleeding
- Nosebleeding
- Broken bones
- Fainting
- Choking
- Burns and scalds, etc.

Bleeding

- In case of large cuts when bleeding occurs apply pressure, if necessary directly on the bleeding part with a pad, e.g. a clean cloth.
- If possible, elevate the wounded part. Apply a dressing and bandage firmly.
- If the blood seeps through the dressing, put another bandage over the top of the original.

Pressure and Elevation



Nosebleeding

- Sit the injured person down with his head bent forwards and loosen any tight clothing from around neck and chest.
- Press the soft part of his nose for about 10 minutes or longer. The injured person can't breathe through his mouth.
- Do not allow him to pick or blow the nose.

Nosebleeding



Broken Bone

- A broken bone is called a fracture. Fractures are usually closed or open. Features of broken bones are as follows:
- A snapping of the bone heard by the victim.
- Pain at or near the fracture.
- The victim cannot move the part normally.
- Tenderness, swelling and bruising.
- Strange angle.

Broken Bone

- Do not move the injured person. Support and steady the injured part.
- If it is an open fracture, cover it with a clean dressing. Do not put pressure on it.
- Do not give the victim anything to eat, drink, or smoke. Arrange transport to the hospital.

Fainting

- The victim feels weak and falls to the ground. The pulse is usually slow. Sit him down. Loosen tight clothing from around his chest, neck, and waist.
- If the victim has fallen to the ground leave him there but lift his legs in the air. Watch the airway, breathing, and pulse.

Choking

- Open the airway and remove any visible obstruction, e.g. false teeth or food.
- Force the victim to cough.
- Put the victim forward.
- Strike him between the shoulders up to four times.
- Check the victim's mouth and remove any obstruction.

Choking

- If the victim stops breathing, follow the ABC of resuscitation (airway, breathing, circulation).
- If a baby or child is choking, put him over your knee so that the head is lower than the stomach.
- Give a series of 3 or 4 firm back slaps.

Choking



Burns and Scalds

- Burns result from dry heat and scalds result from moist or wet heat.
- Burns may be superficial. Skin can be red, blistered or charred.
- The treatment of burns and scalds is the same.
- Place the area under cold water, or put it in cold water for least 10 minutes, or longer if the pain persists.

Burns and Scalds

- Remove any rings, watches, tight clothing, etc. Do not remove any clothing that is stuck to the skin.
- Cover the area with any clean material.
- Call for medical help.
- Never apply fats, creams, ointments, or sticking plasters to the affected area.
- Do not touch the blisters.

Emergency First Aid

- First aid can be applied for any injury or accident. However, it can't be done without special skills and technique. Emergency first aid can save a person's life. **What to do in an emergency?**
- **1. Assess the situation**
- **2. Make it safe**
- **3. Give emergency aid**
- **4. Get help**

Emergency First Aid



Emergency First Aid

- Firstly, assess the situation. Is danger still present? Decide what has happened.
- Ask the victim and any witnesses how the accident occurred.
- Do not turn yourself into another accident victim by going into a dangerous situation.
- When giving emergency aid, do not try to do too much.

Emergency First Aid

- Always treat the unconscious first, then those who are bleeding, and finally those with broken bones and other injuries.
- Use bystanders to help you.
- Get help by using the 155 emergency telephone number (999 in the U.K, 911 in the USA).
- Never give an accident victim anything to eat, drink, or smoke.

Rescue Helicopter



Questions:

- Have you ever provided first aid?
- Have you ever been in a life threatening situation?
- What is the first aid in bleeding?
- What is the first aid in nosebleeding?
- What is the first aid in fainting?
- What is the first aid in choking?
- What is the first aid in burns and scalds?

Seznam použité literatury a pramenů:

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