

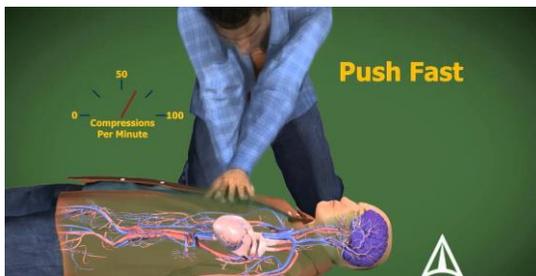
FIRST AID

Everybody can find himself or herself in a situation **when somebody is injured** [in-džrd] (zraněný) **or has a health problem and needs immediate** [i-mídí@t] (okamžitou) **help. Knowing the basics of first aid can save a life.**

SOME BASIC EXPRESSIONS (výrazy) **CONNECTED TO FIRST AID** are:

- **Cardiopulmonary resuscitation** [kardijo-pulmon@ri resuscitejšn] (resuscitace)
CPR [sí pí ár]

BAD RESUSCITATION IS BETTER THAN NO RESUSCITATION!!! When you find an **unconscious person** [an-konšs] (v bezvědomí), that is **not breathing**, with **absence of basic life functions**, you should start cardiopulmonary resuscitation. You should start **MASSAGING THE HEART** before the professionals come with defibrillator and start professional resuscitation.



Resuscitation starts with

1. **Making the AIRWAY FREE, LIFT THE CHIN** (nadzvednout bradu)
2. **BEND THE HEAD BACKWARD** (zaklonit hlavu dozadu), **PREVENT OBSTRUCTION** [obs-trakšn] **BY TONGUE** (zamezte jazyku aby tvořil překážku) **pull the tongue out of the mouth**
3. **START MOUTH-TO-MOUTH BREATHING and HEART MASSAGE** [hárt masáž]
4. **THE FREQUENCY** [frikvensi] is about 30 CHEST COMPRESSIONS to 2 inhalations and this process should be repeated about 3 times per minute. **APPROXIMATELY 100 COMPRESSIONS PER MINUTE**, which is **massaging on the unofficially recommended rhythm of Christmas carol "Jingle bells, jingle bells"**. When there are more **rescuers**, they should **rotate** (střídat se) after a minute. The **arms of the rescuer should be stretched** (natažené ruce), he/she should use **force to compress** (použít sílu ke stlačení). Most **first aid is treating minor** [majnr] (menší) **injuries**, such as **minor burns**, **fractures** [frak-črs] (zlomeniny), **sprains** [sprejns] (vymknutí), but also **serious** [sí-ri-js] (vážné) **problems** such as **heart failure**.



- **BURNS** A burn is an injury [in-dž-ri] (zranění) **caused by** (způsobeny čím) **heat (fire), radiation or chemicals**. There are **3 kinds of burns**:

1. **FIRST-DEGREE burns** [dygrý] (stupeň) cause **REDDENINGS of the skin** (začervenání kůže), **swelling and pain** (otok). Only the **top of the skin** is damaged. We should remove watches, rings and **COOL it down under running water**. Then **apply a cold-water compress**. (přiložit studený obklad) First degree burn doesn't require/ need professional care. (není nutná profesionální pomoc) **Do not use butter or oil!!**

2. **SECOND-DEGREE burns** The skin is **damaged more deeply**, they **cause blisters** (puchýře). **DO NOT PRICK BLISTERS!!** (nepropichovat). The **cause** (příčina) is for example **deep sunburn or hot liquids – tea, coffee**.

DO NOT REMOVE CLOTHING FROM THE BURN!! use water to **cool**

it down, put the person into clean blanket, **place the person on the ground**,

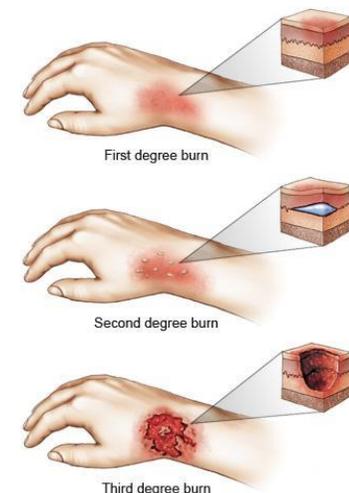
CALL THE AMBULANCE!!

3. **THIRD DEGREE burns** The burn is deep, **bones and muscles can be seen**, the causes can be **hot water, electricity, flame** (plameny). First aid=like 2nd degree burn, **CALL THE AMBULANCE**.

(zlomenina)

- **FRACTURE** [frak-č@]

If you think a person has a broken bone, **treat the bleeding, fix the injured body part so that it doesn't move**.



- **SHOCK** - A heart attack, brain damage, or **heavy bleeding** can cause a shock. The person is **pale** (bledý), **has cold skin, quick breathing, yawning** [jóning] (zívání). **Treat the bleeding**, have the person lie down, lift and support the legs, **keep the person warm**, speak to her/him.
- **FROSTBITE** (omrzlina) It usually affects parts of body that are far from the heart. The symptoms are **no feeling** in the affected body part (fingers, toes, nose etc.), **skin-colour change from white to blue**. Move the person to a **warm place**, **warm the body with your hands**. Use **warm water about 40°C**, dry gently.