

## FIRST AID

### WHAT IS FIRST AID?

A man collapses in the street and is not breathing or moving. There is a car accident.

There are situations when somebody is injured [in-džrd] (zraněný) or has a health problem and needs immediate [i-mídí@t] (okamžitou) help. First aid is the first immediate help before professional Emergency Medical Services come. The basics of first aid can save a life. Everybody should help. Even bad help is better than no help!!!



### IS THE PERSON IS SLEEPING or UNCONSCIOUS?

You find a person that **does not react** or **looks asleep**. You should **find out if the person is sleeping or UNCONSCIOUS**. [an-kon-šs](v bezvědomí) You can say **Hello, are you OK? – Excuse me? Are you OK? – Sir, can I help you? Are you OK?** Be careful, the man can be drunk, dangerous, he can have a gun, knife etc. You can **gently kick the person** or carefully **gently shake the person**. If the person doesn't react, you can **use a mirror to find out if the person is breathing**. If not..



### CALL THE AMBULANCE! WHAT NUMBER SHOULD I CALL?

**155** is the number to call the ambulance in the Czech Republic – the car that takes the patient to hospital.

**112** is the emergency number in all European Union countries.

An operator contacts the ambulance, fire brigade or the police. He/she gives you instructions what to do until the ambulance comes.



fire brigade

**150**



ambulance

**155**



police

**158**

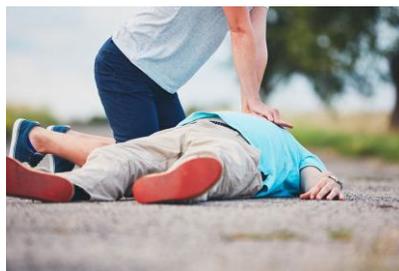


emergency

**112**

### SAVE A LIFE!!!!

If you see a person collapse, you should help immediately. You should **start RESUSCITATION - compressing the chest/ massage the heart/ press/ push in the middle** of the chest before the professionals come with defibrillator and start



professional resuscitation. It is called **Cardiopulmonary resuscitation** [kardijo-pulmo-n@ri -resuscitejšn] (resuscitace) = **CPR** [sí pí ár]

### BAD RESUSCITATION IS BETTER THAN NO RESUSCITATION!!!

**Lift the chin** (zvedněte bradu), **make the airway free**, **bend head backward** (zaklonit hlavu dozadu), **pull the tongue out of the mouth**.

### THE FREQUENCY OF THE COMPRESSION

Frequency [fríkvensi] of the compression/ massage of the heart is about

**100 COMPRESSIONS PER MINUTE**, which is **massaging on the unofficially recommended rhythm of Christmas carol "Jingle bells, jingle bells/ Rolničky"**.

Even **little children can remember the song and how to save life if they train it at school** or a lot of **programs for children**.



**DO NOT PANIC! STAY CALM!!** Don't be afraid to help. Minutes count.

### A PARAMEDIC

A paramedic is a **person who is trained to give emergency medical help/ treatment (ošetření) before transporting ill or injured people to hospital**.



### OPEN DOOR DAY in MEDICAL SCHOOL /zshk HRADEC KRÁLOVÉ

#### First Aid club and First Aid competitions

Our school **organizes many programs and EVENTS for public** (pro veřejnost), where people and children can see what our students study and try resuscitation. There is so called **OPEN DOOR DAY** when children from primary schools who want to study at our school come with their parents and our secondary school students show them the classrooms, tell them about our school, school events (akce) and all the visitors can also **try CPR – resuscitation**.

**Our students go to the afternoon First Aid clubs in our school or take part in First Aid competitions**. They are very good in them. 😊



## THE MOST COMMON FIRST AID INJURIES

Most **common** (nejčastější/ nejběžnější) **first aid injuries** (zranění) are **burns**, **fractures** [frak-črs](zlomeniny), **sprains** [sprejns](vymknutí), but also **serious** [sí-ri- js](vážné) **problems** such as **heart failure/ heart attack**.

### 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)

They cause **REDDENINGS** of the skin (začervenání kůže), **swelling and pain** (otok). Only the top of the skin is damaged. For example a mother is drinking **coffee or tea**, a **child comes and knocks down the cup**. Or someone is cooking and **touches something hot**.

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/ doesn't 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**, **FIRE**.

First aid is like the 2nd degree burn,  
**CALL THE AMBULANCE!!**



### FROSTBITE

Frostbite (omrzlina) is opposite to burns. It happens in **low temperatures**, **when the body is exposed to it for a long time** (dlouho vystaveno nízkým teplotám). 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.

### FRACTURE

[frak-č@]

If you think a person has a broken bone, **stop the bleeding**, **fix the injured/ broken body part** so that it doesn't move. For example arm with rolled-up newspaper, ruler or rolled-up piece of clothing in a scarf, leg with a wooden stick etc.

**Bleeding can cause shock!!!!**

### SHOCK

A heart attack, brain damage, or **HEAVY BLEEDING** can cause a shock. The person is **pale** (bledý)/**WHITE** in face, has **COLD SKIN**, **quick breathing**, **yawning** [jóning](zívání) / is **SLEEPY**. **Stop the bleeding**, have the person lie down, **lift and support the legs**, **keep the person warm**, **speak to her/him**.

