

HELP ME!

First aid basics

You could find yourself in this situation any day – somebody is injured or has a health problem and needs immediate help. Have you ever asked yourself, "What would I do in such a situation?" Knowing the basics of first aid could help you save a life.

Hana Trollman (Canada)



Fracture

Too much force can cause a bone to break. Signs of a fracture may be **swelling**², pain or movement that is not normal. If you suspect a person has broken a bone, support the injured body part and make sure it does not move. An open fracture is when you can see the bone sticking out through the skin. In this case you should also treat the bleeding.



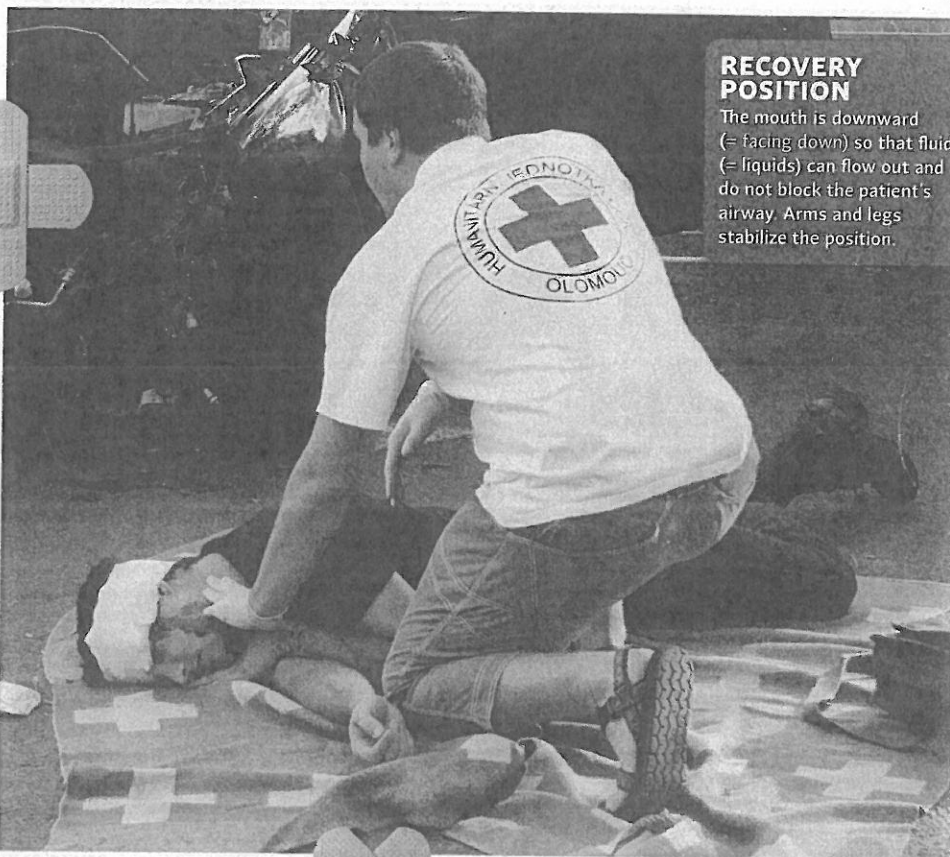
No heart beat

Imagine a person is lying on the ground **unconscious**³, not moving. What to do now? First of all, use DRAB (Danger, Response, Airway⁴, Breathing) to check the situation. Look for bleeding or other injuries. If the person is not breathing, use CPR (cardiopulmonary resuscitation⁵). **Give chest compressions**⁶, 100 to 120 per minute. Put the person in the recovery position when breathing is normal.



Shock

A heart attack, brain damage, **severe**⁷ burns or infections can cause shock, but the most common cause of shock is **blood loss**⁸. Shock is a life-threatening condition which is difficult to diagnose at the beginning. Signs of shock are **pale**⁹, cold skin, abnormal breathing, a very quick pulse, **yawning**¹⁰ or **sighing**¹¹, and unconsciousness in extreme cases. Treat any possible causes of shock such as bleeding. Have the person lie down and raise and support their legs. **Loosen**¹² tight clothing and keep them warm.



RECOVERY POSITION

The mouth is downward (= facing down) so that fluids (= liquids) can flow out and do not block the patient's airway. Arms and legs stabilize the position.



Frostbite

Those who are outside in freezing weather may get frostbite on their extremities (= the parts of a body which are far from the heart, for example fingers, toes, nose). Symptoms of frostbite may include a **prickly**¹⁴ feeling or no feeling in the affected body part, and a skin-colour change from white to blue. Move the person to a warm place, but not near direct heat. Warm the extremities with your hands or under the **armpits**¹⁵. Do not **rub**¹⁶. Place the affected part in warm water at around 40°C. Dry it carefully, and apply a dry gauze bandage. Support and raise the affected arm or leg to reduce swelling. Frostbite can be quite dangerous and in extreme cases result in losing one's body parts, so do not underestimate it.



Bleeding

One moment your friend is cutting vegetables and in the next moment, there is a stream of blood running from his/her hand. Ouch. To treat heavy bleeding, push directly on the wound. Raise the injured arm or leg and rest it on something. Do not use a tourniquet (= a strip of cloth tied tightly around an injured arm or leg) unless there is no other way to stop the bleeding.



Burns

A child puts his/her hand on a hot **stove**¹⁷. That hurts! Be quick – cool the burn immediately under running water for at least 10 minutes. Then cover the burn with a clean, dry material, such as a clean plastic bag, to protect it from infection.

DRAB

DANGER: consider the danger to yourself and others before you go near the patient (don't risk more people getting hurt)

RESPONSE: check if the patient is responsive (can hear you, talk to you...)

AIRWAY: check if the airway is not blocked with something (for example, with the tongue)

BREATHING: check if the patient is breathing normally

VOCABULARY

¹ **fracture** ['fræktʃə] – zlomenina

² **swelling** ['swelɪŋ] – otok

³ **unconscious** [ʌn'kɒnʃəs] – v bezvědomí

⁴ **airway** ['eəweɪ] – dýchací cesta

⁵ **cardiopulmonary resuscitation** [kɑːdiəʊ'pʌlmən(ə)rɪ rɪ'sasɪ'teɪʃ(ə)n] – resuscitace (oživování)

⁶ **give chest compressions** [tɪ'gest kɒm'preʃ(ə)nz] – stlačujte hrudník

⁷ **severe** [sɪ'vɪə] – vážný

⁸ **blood loss** – ztráta krve

⁹ **pale** [peɪl] – bledý

¹⁰ **yawning** ['jɔːnɪŋ] – zívání

¹¹ **sighing** ['saɪnɪŋ] – vzdychání

¹² **to loosen** ['luːs(ə)n] – uvolnit

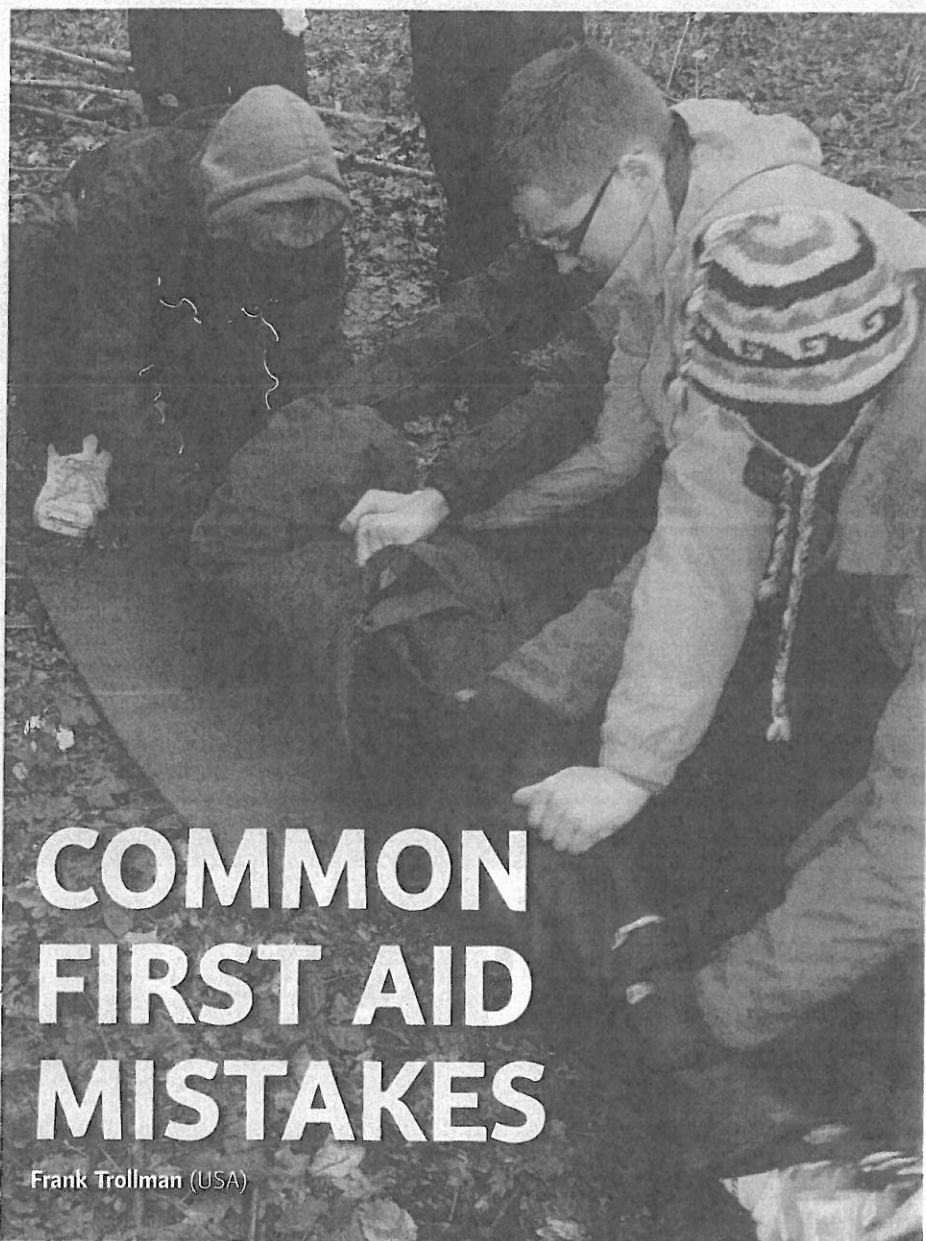
¹³ **frostbite** [frɒst'baɪt] – omrzlina

¹⁴ **prickly** ['prɪkli] – pichlavý

¹⁵ **armpit** – podpaží

¹⁶ **to rub** [rʌb] – masírovat, mnout

¹⁷ **stove** [stəʊv] – sporák



COMMON FIRST AID MISTAKES

Frank Trollman (USA)

Everybody can learn first aid. Czech Red Cross, for example, offers several training courses all over the country.

Icing a burn

Burns need to be cooled with cold water as quickly as possible, but you shouldn't use actual ice! You don't need a frostbite and a regular burn on the same hand.

Witnessing an accident

When people are screaming, they may be in a lot of pain or distress (= suffering), but people who can't scream are in more danger. If someone may have a neck injury, don't move them unless they are in a dangerous place, because a damaged **spine**¹ may break.

Giving insulin

When a diabetic is having an emergency, it may be **tempting**² to give them their insulin. But remember that too much insulin is a lot deadlier (= more capable of causing death) than too little. It's much better to give them something sweet.

Refusing CPR (Cardiopulmonary resuscitation)

You might not remember how to do CPR very well or be embarrassed to try it in public. But remember that bad CPR is better than no CPR. If you don't do anything, a heart attack is just a **death sentence**³. Even if you try and fail, it's still better than nothing.

Changing bandages

If someone is bleeding through their bandages, don't tear the old bandages off because that takes whatever **scabs**⁴ they've made with it. Put the new bandages on top.

VOCABULARY

- ¹ **spine** [spain] – páteř
² **tempting** ['tem(p)tiŋ] – lákavé
³ **death sentence** [deθ 'sentəns] – rozsudek smrti
⁴ **scab** [skæb] – strup



That's too late

Marek Dvořák, emergency doctor

The biggest problem is that people are often not willing to help others at all. They might be worried about their own safety, or aware of their lack of medical knowledge, and worry that they could make things worse. But in many cases, people just don't want to help, and this is the saddest thing.

Of course, the basic rule is to look after yourself first. Don't jump into the water to save someone, for example, or enter a burning building. That's the job of a professional.

People in the Czech Republic generally have poor knowledge of first aid. Hardly anyone actively tries to learn about what to do. People only realize how important it is when a friend or family member needs their help. And that's often too late.

FIRST AID QUIZ

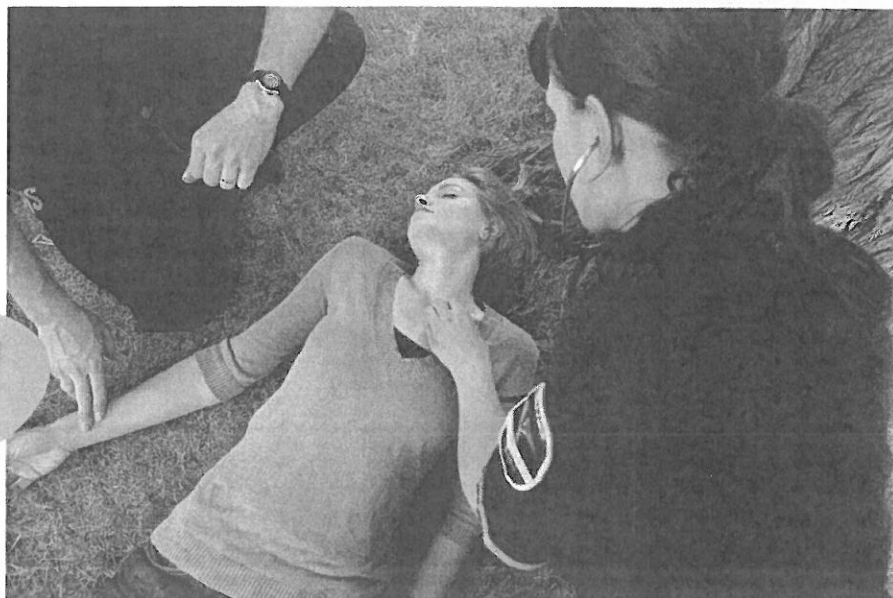
After reading the article you should be able to answer these questions. Test yourself and see how well you are prepared to provide (= give) first aid.

- The most important part of CPR is
 a) Heat b) Chest compressions
 c) Water d) Rescue breaths
- A broken arm should be
 a) Elevated b) Warmed
 c) Immobilized d) Cooled
- A bleeding arm should be
 a) Elevated b) Warmed
 c) Immobilized d) Cooled
- Frostbite should be washed with water that is
 a) Very Hot b) Warm
 c) Cool d) Ice cold
- A burn should be washed with water that is
 a) Very hot b) Warm
 c) Cool d) Ice cold
- Shock is most commonly found in what emergency?
 a) Frostbite b) Burns
 c) Bleeding d) Lost luggage

Solutions on p. 3

Doctor+ talk

First Aid



There are situations when saving a life depends on a quick reaction. A man collapses on the street and is not breathing or moving. What should you do and say in a medical *emergency* (= nouze)? First...

Call an ambulance!

In English, ambulance has only one meaning. It is a special car that takes ill or injured people to the hospital.

Unconscious or just sleeping?

Maggie tells the operator that the man on the street is *unconscious* (= je v bezvědomí). It means that he looks asleep and does not react. You could also say that somebody *fainted* or *passed out* (= omdlel). Usually when somebody faints, it for a few seconds. If a person is unconscious, it is for a longer time. If the person stays unconscious for more than a day, we would say that someone is in a coma. Sometimes you can feel like you are in a coma

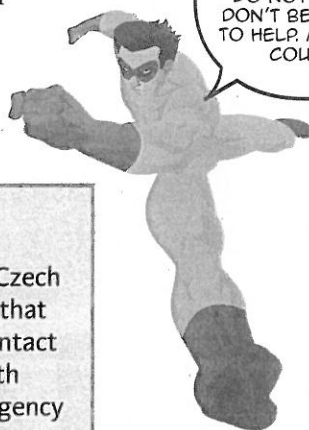
at school. You don't know what is going on. There is an expression for that; you can say you *are out of it* (= mimo).

Save a life!

When you see a person collapsing, first you must check if the person is breathing. If not,

you should start compressing their *chest* (= hrud'). Compressing is pressing or pushing in the middle of chest.

THE MOST IMPORTANT THING – DO NOT PANIC, DON'T BE AFRAID TO HELP. MINUTES COUNT.



HELP! WHICH NUMBER DO I CALL?



155 is the number used to call an ambulance in the Czech Republic. 112 is the common emergency number that works in all EU countries, and can be used to contact an ambulance, the fire brigade or the police. Both numbers are free of charge. In the US the emergency number is 911 and in the UK 999 or 112.

LANGUAGE POINT ●

paramedic – a person who is trained to give emergency medical treatment before transporting ill or injured people to hospital



Fill in the gaps in the sentences with the missing words.

→ SOLUTIONS ON PAGE 3

FAINTED UNCONSCIOUS COMA OUT OF IT AMBULANCE

- Alice did not feel well and _____ on her way to her maths class.
- It's unusual for people to wake up from a _____ of more than a month.
- I'm sorry, what did you say? I'm still a bit _____ – it's too early in the morning!
- When the police arrived at the accident, the driver was _____. Luckily somebody called for an _____.



FIRST AID (FA)

What is it? FA is the treatment of any injury or sudden illness given before professional medical care can be provided. Most FA is treating minor injuries such as minor burns, small wounds, sprains, fractures, but also more serious problems, f.e. heart failure.

Burns A burn is an injury caused by heat, chemicals or radiation. We distinguish 3 degrees of burns.

First-degree burns. They cause reddening of the skin, sometimes swelling and pain, damage top layer of the skin. FA-pour cold, running water, apply a cold-water compress, remove watches, rings, clothing, etc. **Professional care is not necessary.**

Second-degree burns. They damage the skin more deeply, cause blisters, acute pain and swelling. Causes-very deep sunburn, hot liquids, flash burns. FA- do not remove clothing stuck to the wound, use water and wrap him in a blanket, place the person on the ground, cover any exposed burned areas with a dry, clean cloth to prevent infection. **Call the ambulance.**

Third-degree burns. They destroy the full skin layer, the burn is deep, muscles and bones may be exposed. Causes-hot water, electricity, flame. FA-the same as second. **Call the ambulance.**

DO NOT use adhesive dressing on burns. **DO NOT** apply butter or oil.

DO NOT prick blisters with a pin. **DO NOT** use fluffy material on wounds.

Respiratory emergencies

Mouth-To-Mouth Resuscitation, Mouth-To-Nose Resuscitation (facial injury)

Mouth-To-Mouth and Nose Resuscitation (in case of little children)

Cardiopulmonary Resuscitation

Bleeding

Pressure points to stop arterial bleeding: compress arteries against the underlying bone; if it fails, use indirect point between the wound and the heart against a bone.

Dressings = protective coverings for wounds to control bleeding. **Adhesive bandages, gauze.**

Fractures

Aids for FA: a splint (dlaň) to immobilise the fracture (you can use a pillow, a board, a stick), a sling (závěs) to support an upper limb (you can use a belt, a tie, a scarf)

Most common injuries: car accidents, sports, drowning...