

Name:

FIRST AID

Resuscitation

In which cases do we initiate resuscitation?

<https://www.youtube.com/watch?v=ea1RJUOiNfQ> primary survey

<https://www.youtube.com/watch?v=BQNNOh8c8ks> CPR adult

<https://www.youtube.com/watch?v=ea1RJUOiNfQ> AED

Correct performance of resuscitation:

- Arms stretched
- Extended elbows
- Interwoven fingers
- Resuscitate at the centre of the sternum
- Frequency 100/minute
- Depth 4 to 5 cm

Proper artificial respiration:

- Head tilt
- Chin tilt
- Pinch nose
- Open mouth
- Exhale fluently into mouth

In which cases do we not provide artificial respiration?

Resuscitation of a child:

Video: <https://www.youtube.com/watch?v=avYRvVHAvfM> - baby

<https://www.youtube.com/watch?v=ea1RJUOiNfQ> – child

What are the specifics of first aid?

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EPILEPSY

Play students a video: <https://www.youtube.com/watch?v=Ovsw7tdneqE> at about 1:00 stop the video - space for discussion: **How can I help a disabled person? What comes next?** Then play the rest of the video where all the important points are summarised.

Scenarios: Students get assigned or draw a situation and try to simulate it as best as they can. The other students work as an onlookers and evaluate the performance of first aid.

Scenarios suggestions:

Student A – disabled/injured

A student simulates unconsciousness. He/she lies on the ground, does not move, does not breathe, and we cannot feel his heartbeat.

Student B – rescuer

Passer-by. He/she notices the unconscious and initiates the correct first aid procedure.

C – other students decide whether student B provided first aid correctly

Student A – disabled/injured

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Students C – other passer-by

The task of others will be to deliberately interfere with the provision of first aid - so the rescuer will work under pressure.

Student A – disabled/injured

A student simulates myocardial infarction. Symptoms: chest pain, constricting upper pain in limb, neck and abdomen; vomiting, sweating, restlessness, shortness of breath

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Student B – rescuer The rescuer recognizes the symptoms of a heart attack and initiates first aid.
C – other students will recognize what non-injury emergency status it was and decide whether student B provided the PP correctly https://www.youtube.com/watch?v=gDwt7dD3awc

Student A – injured pupil A student simulates a fracture of the upper limb. He/she stumbles over a school backpack in the aisle between the benches.
Student B – teacher, treating A teacher expects a fracture and provide first aid, involves other pupils (C)
C – other pupils in the class

Student A – disabled/injured Asthma attack. Dyspnoea seizure, tickly cough, breathing with wheezing.
Student B – rescuer A student decides on the condition of the affected person and starts first aid.
C – other students decide whether student B provided first aid correctly

After each scenario, summarize the situation and the main points.

A table can be made in which students will fill in the information:

INJURY/STATE	DESCRIPTION-SYMPTOMS	FIRST AID