



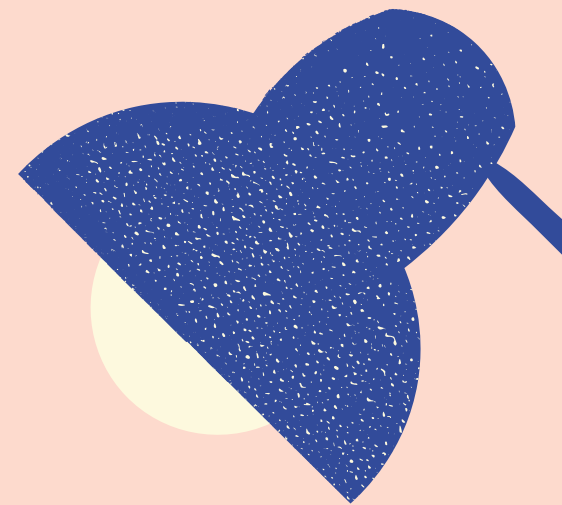
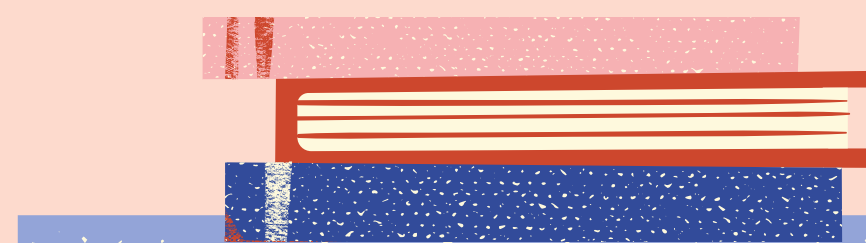
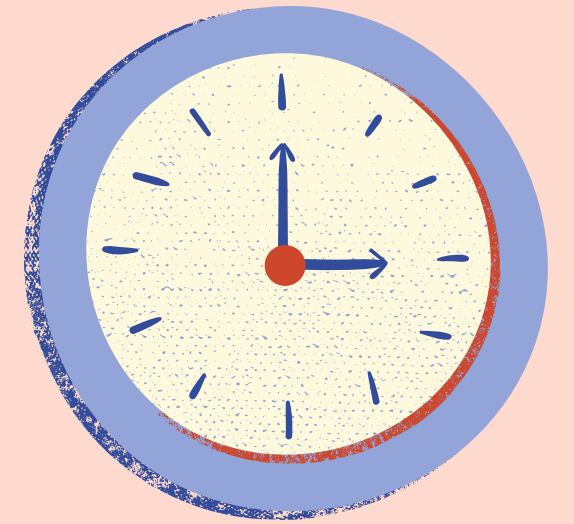
*Guide for
potential heroes*

LEARNING ABOUT FIRST AIDS

Emma Hórreo González

Hi, students!

Today our lesson focuses on learning how to provide *first aid* to people in different situations.

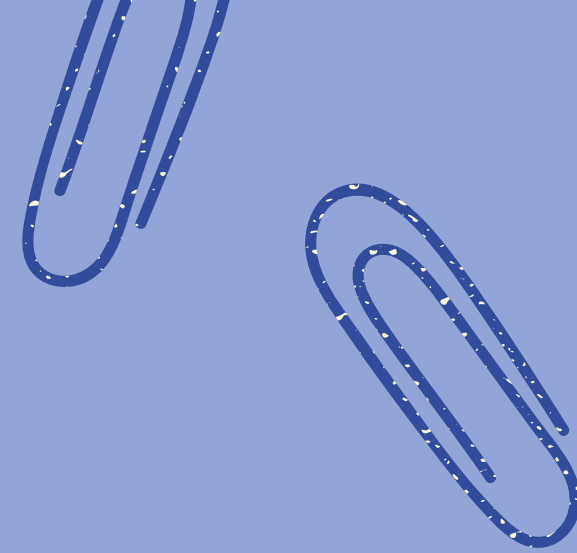
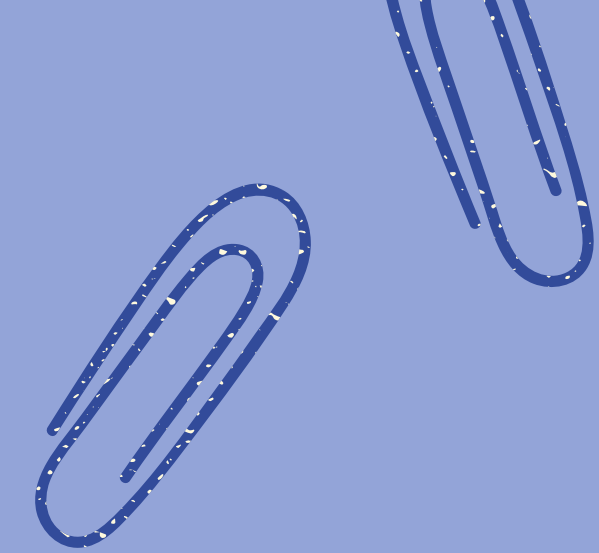
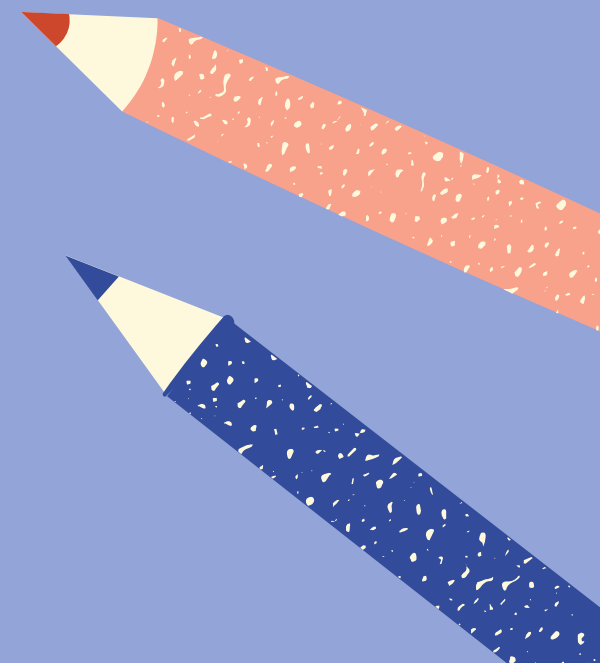
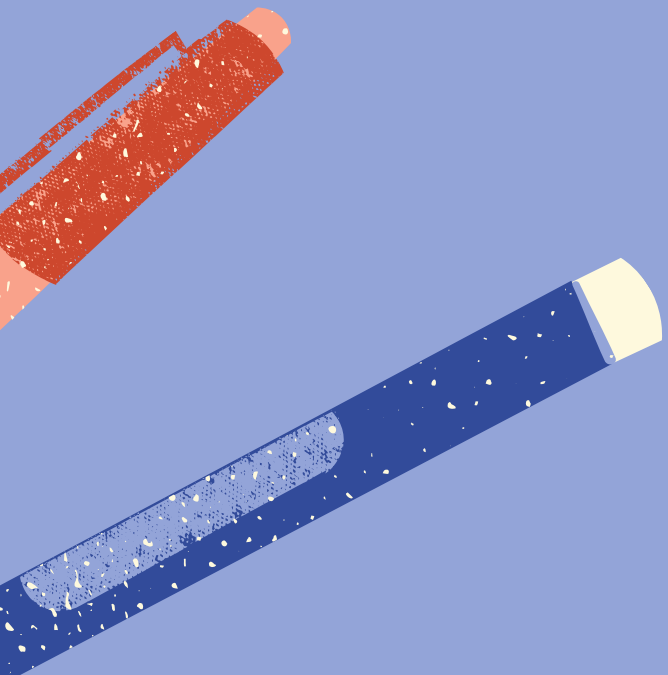


*Prepare these before we
start class:*

Pick up your pen and a notebook;
Open up your eyes and ears;
Pay close attention;
You are about to learn the skills that...
real heroes need!



First lesson





What to do if a person faints



Fainting is a common problem. It happens when you lose conscience for a short amount of time because your brain isn't getting enough oxygen.

Causes are varied: pain, fear, trauma, drop in blood pressure, dehydration, hyperventilation, diseases...



Before fainting, people usually feel light-headed, dizzy, weak, nauseous.

They might also see blurry and hear fading noises. Then, they usually lie or fall down. Fainting generally lasts a few minutes.

How to act

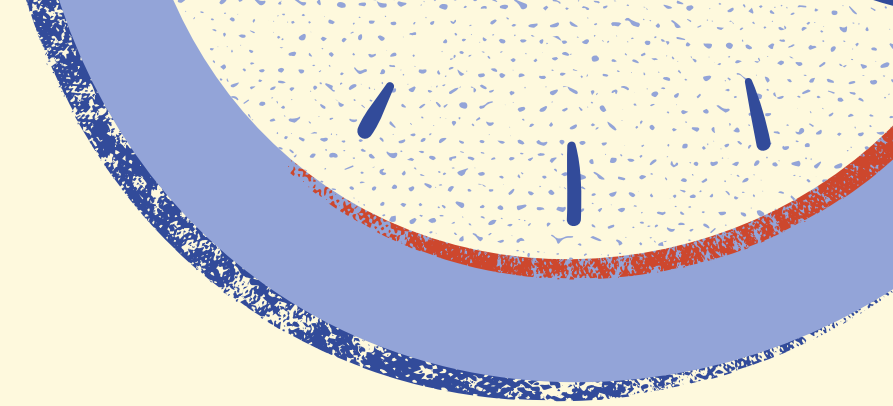
If a person faints but is still conscious or breathing:

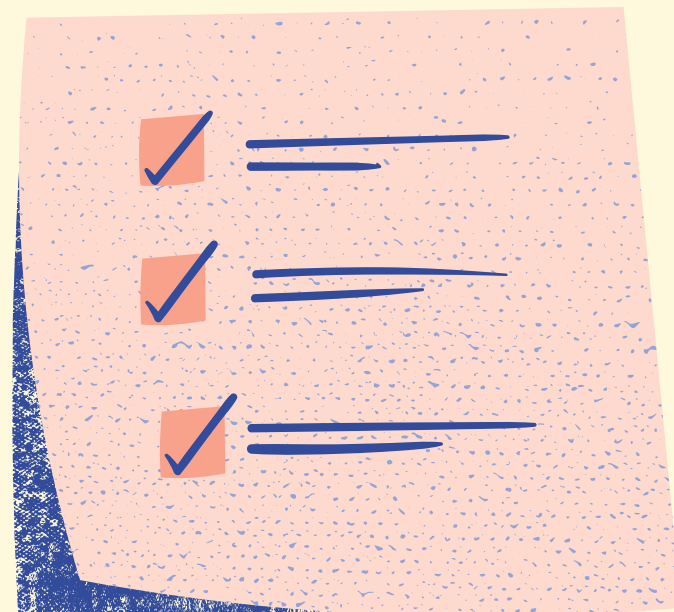
- Help the person lie down.
- Raise their feet above the level of their heart to encourage blood flow to their head.
- Loosen up tight clothing.
- Create a cool, quiet atmosphere.

When they recover, have them sit on the floor, then on a chair and finally help them stand. Always little by little.



Always call emergency if a person faints while doing sport, if they feel pain or if they suffer from a disease.





Second lesson



When is a person unconscious?

Sometimes people bring their hand to the chest and fall down abruptly. They lie on the floor and do not move at all.

We know they are unconscious when they do not react to any verbal and physical stimuli.

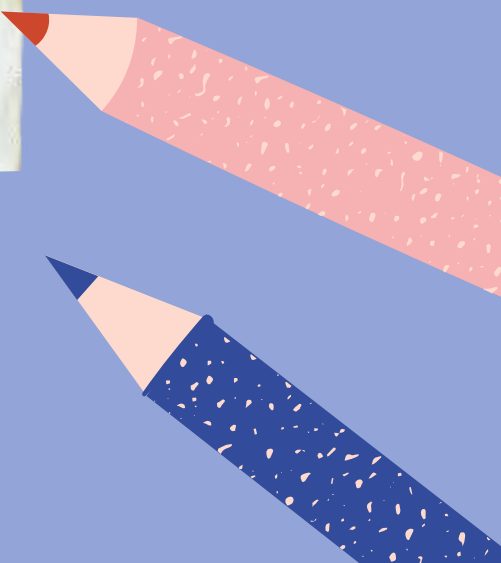

We check consciousness by:

- Talking to them
- Shaking them



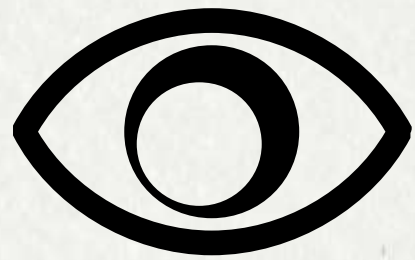
I m p o r t a n t

**If a person is unconscious, it is vital to
check if they are breathing.**



How to know if a person is breathing

SEE



See if their rises and lowers

HEAR



Hear their breathing on your cheek

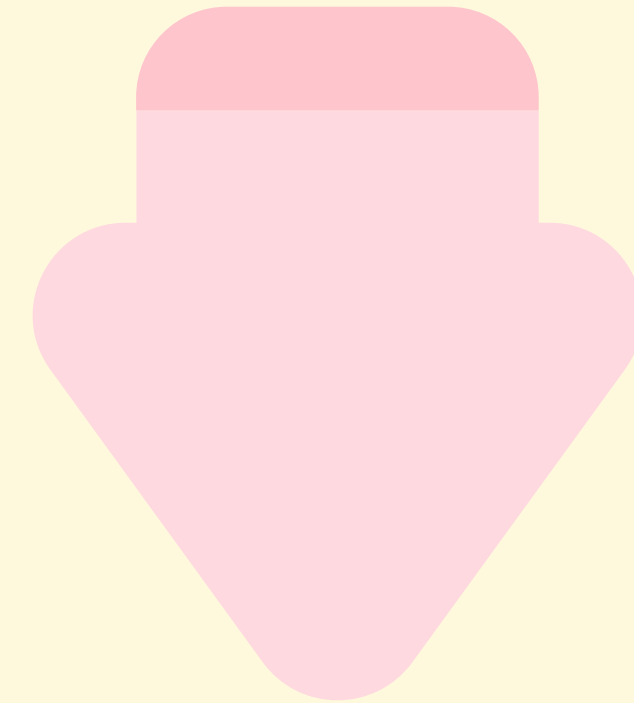
FEEL



Feel their breathing on your skin

Breathing

The person is unconscious but they are breathing, so there are no life-threatening conditions.



**RECOVERY
POSITION**

W h a t d o w e d o ?

STEP 1



STEP 2



STEP 3

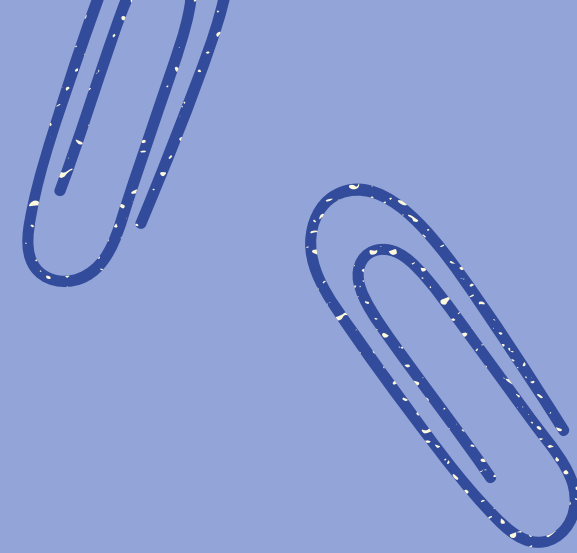
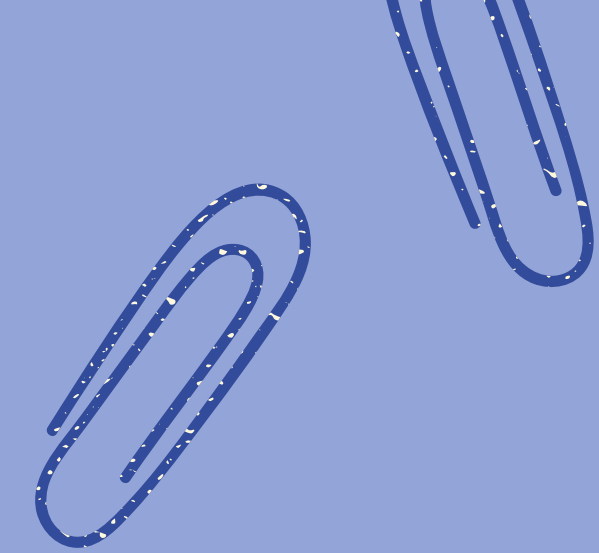
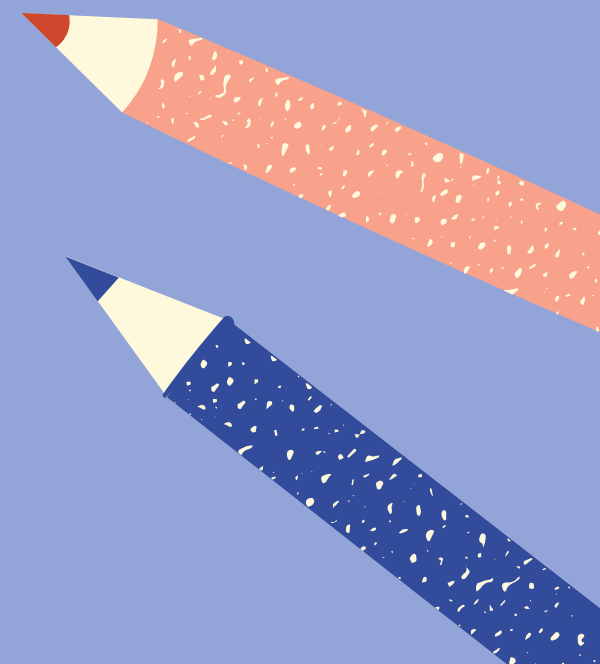
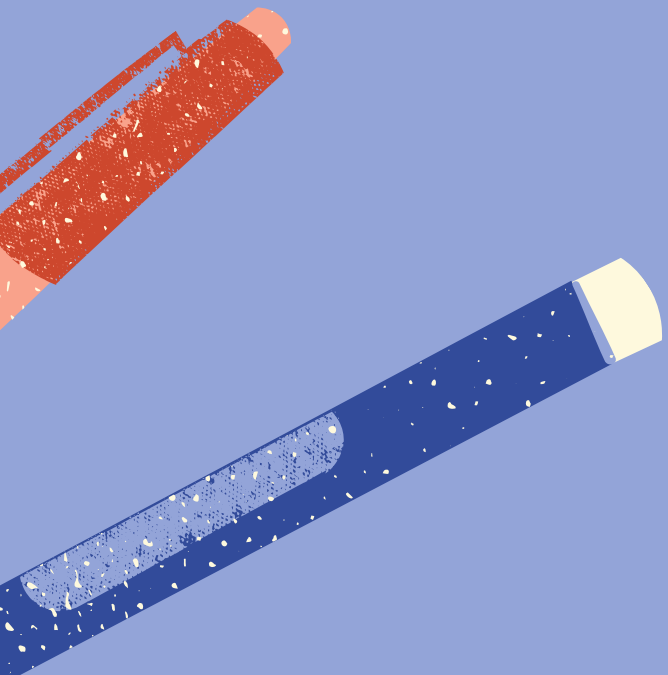


**Kneel on the side of the lying person.
Place the close arm at a right angle;
Pull the far knee up.**

**Place the far hand against the close cheek.
Pull the far leg and shoulder to roll towards you.**

Tilt the head and chin back so that the airway stays open.

Third lesson



NOT breathing

The person is unconscious AND they are not breathing. There are life-threatening conditions. So we need to jump into action!



W h a t d o w e d o ?

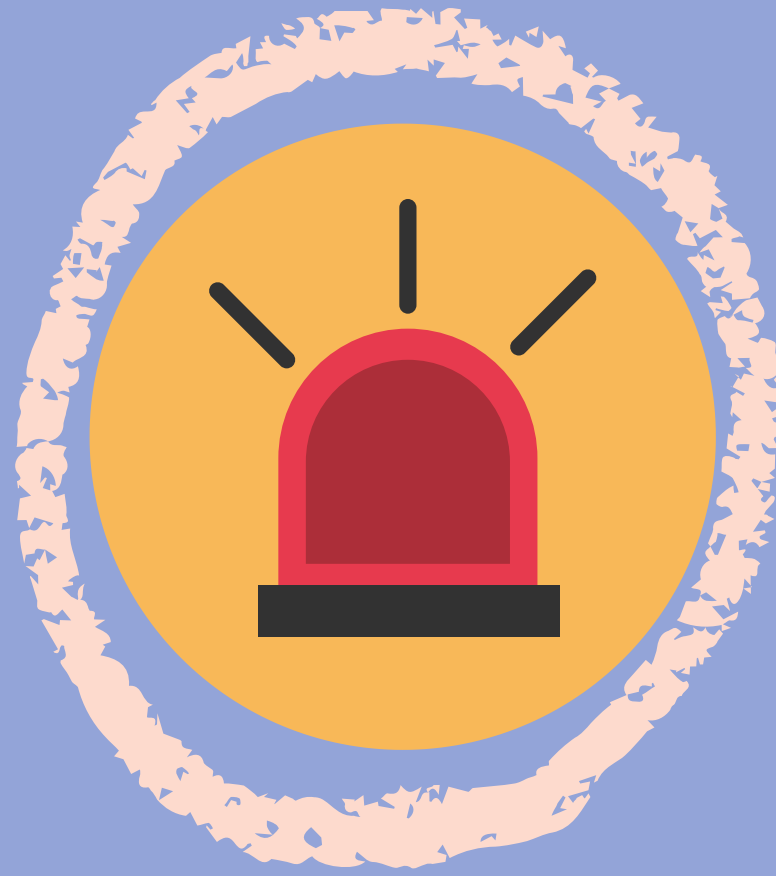
**CARDIOPULMONARY
RESUSCITATION**

before CPR



Protect

Check the area around you for danger. Move to a safe place if necessary.



Alert

Call or ask someone to call emergency to get professional help.



Help

Start helping by following the next steps.





Open airway

Check mouth for airway blockages first. Then, tilt the person's head back to open the airway by pushing back with your palm on their forehead and with your fingers on their chin.

This way, there is no risk of choking too.



Start 30 compressions

Put the heels of your hands in the center of the person's chest. Interlock your fingers and do 30 compressions. Each compression should push the chest down by about one third. To follow the rhythm, you play La Macarena song in your head.



Continue with 2 breaths

After 30 compressions, make sure the airway is open. Take a deep breath, seal your mouth over the victim's mouth and pinch their nose. Give one steady blow and watch their chest rise. Take another breath and repeat.



and repeat



Keep repeating the same process of 30 compressions and 2 breaths until medical help arrives.

If the victim starts breathing, turn them into recovery positions. Watch and be ready to start CPR again if necessary.





REMEMBER

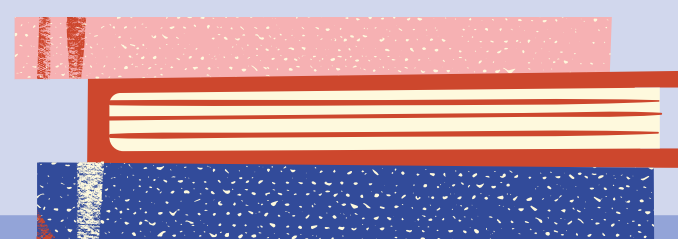
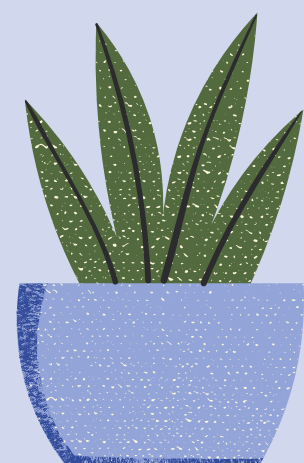
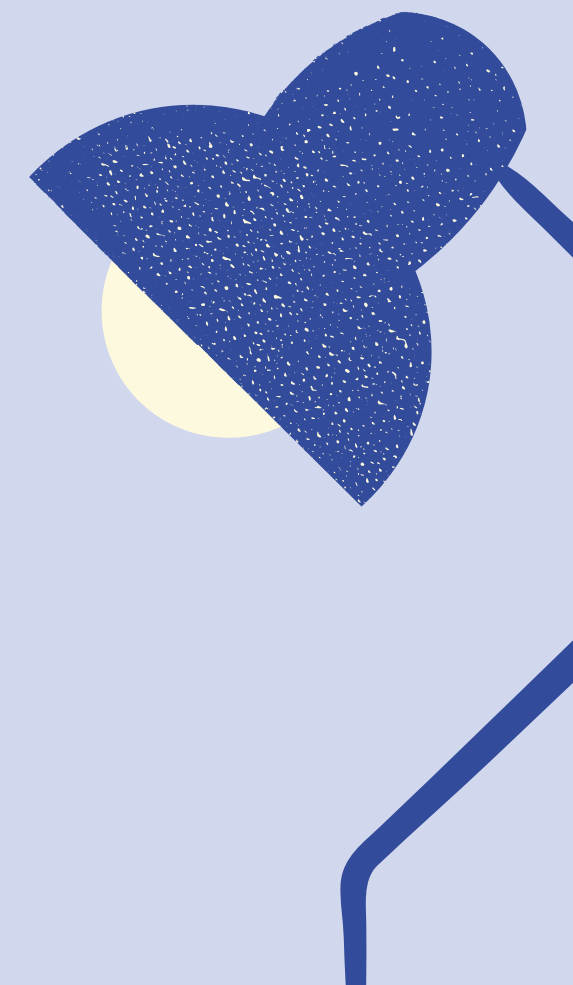
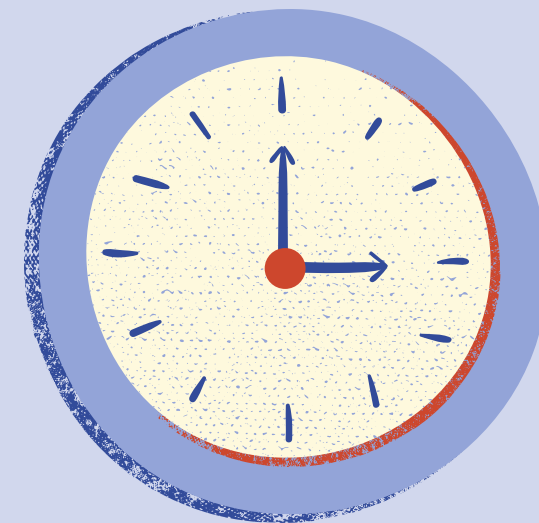
**Always shout for help first.
Take turns to give CPR but do not stop.**

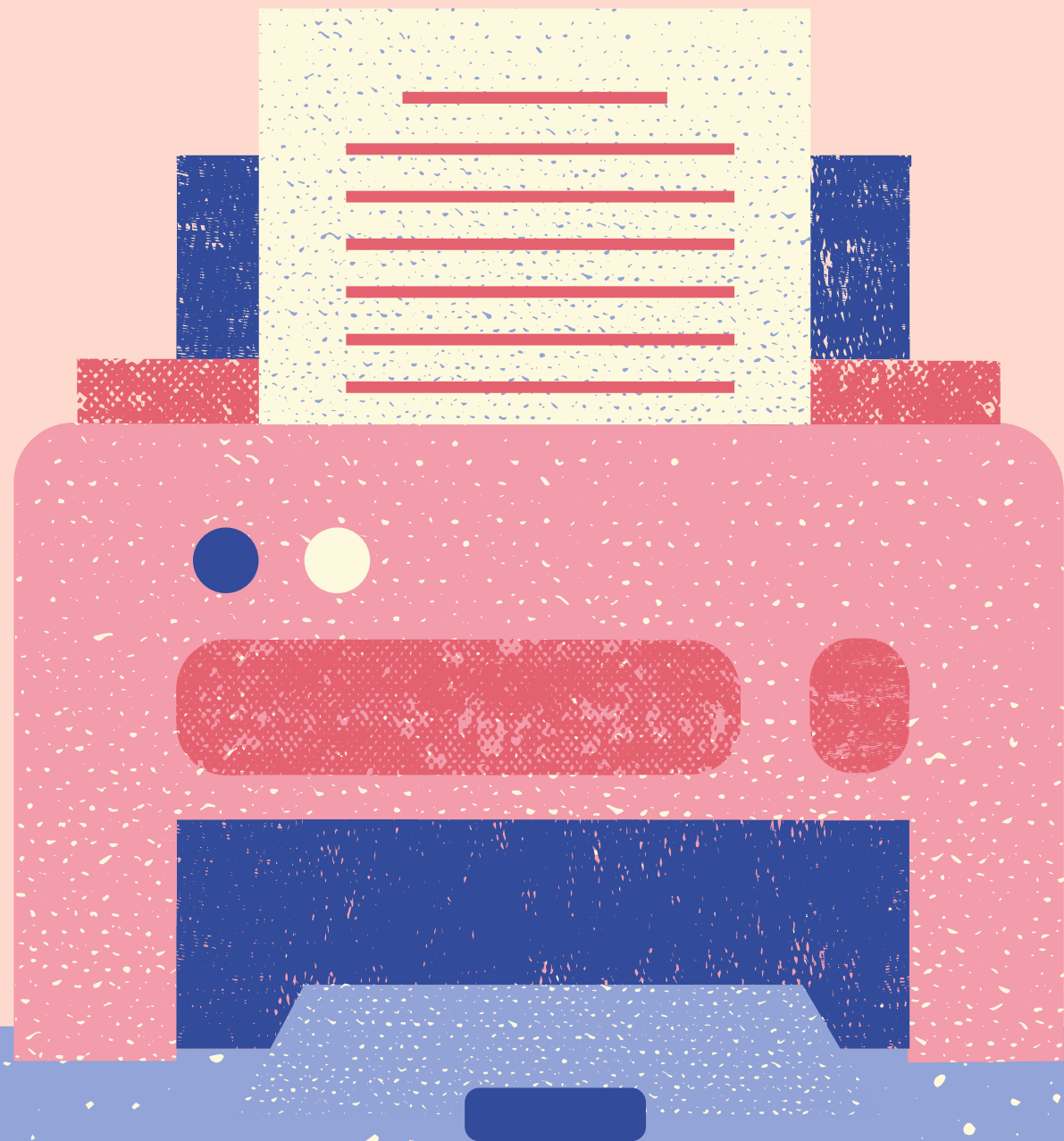
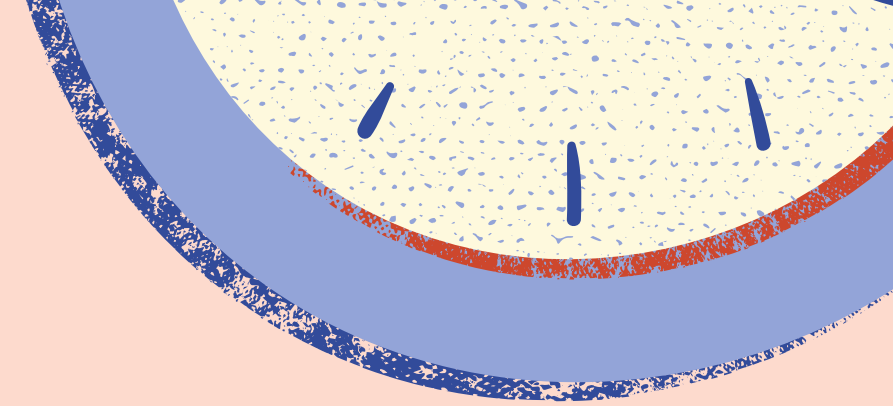
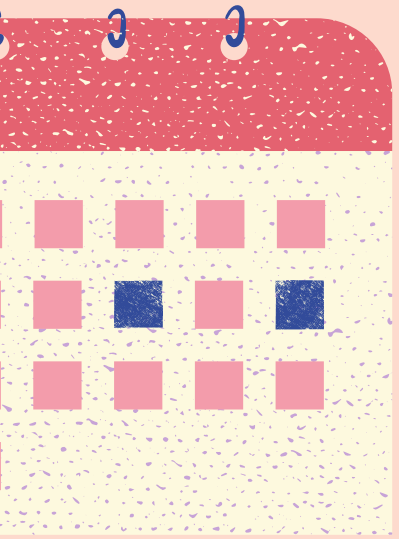


**In children younger than 8, we give
15 compressions and 2 breaths.**



Time to practice!





Thank You for participating!

