

MEDICAL EMERGENCIES

1. Read about first aid in medical emergencies. While reading find the following words in the text and complete the table:

word	transcription	Ukrainian
aligned		
asphyxiation		
breathing		
casualty		
choking		
compress		
cool		
debris		
emergency		
evaluate		
heatstroke		
hydrate		
injured		
non-conductive		
prop up		
reassure		
responsiveness		
resuscitation		
rouse		
seek		
slap		
spinal injury		
splash		
unconscious		

A medical emergency is an acute injury or illness that poses an immediate risk to a person's life or long-term health. These emergencies may require assistance from another person, who should ideally be suitably qualified to do so, although some of these emergencies such as cardiovascular, respiratory, and gastrointestinal cannot be dealt with by the victim themselves.

Basic first aid refers to the initial process of assessing and addressing the needs of someone who has been injured or is in physiological distress due to choking, a heart attack, allergic reactions, drugs or other medical emergencies. Basic first aid allows you to quickly determine a person's physical condition and the correct course of treatment. You should always seek professional medical help as soon as you are able, but following correct first aid procedures can be the difference between life and death.

What to do in a medical emergency?

1. Check the surroundings. Evaluate the situation. Are there things that might put you at risk of harm? Are you or the victim threatened by fire, toxic smoke or gasses, an unstable building, live electrical wires or other dangerous scenario? Do not rush into a situation where you could end up as a victim yourself. If approaching the victim will endanger your life, seek professional help immediately; they have higher levels of training and know how to handle these situations. First aid becomes useless if you can't safely perform it without hurting yourself.

2. Call for help. Call out for help 3 times before you begin assisting the casualty. If someone is with you or approaches, instruct them to call the authorities and be prepared to relay information to them so they can update the responders. It is not recommended that you leave the casualty unless absolutely required, but put them in the recovery position if you need to leave them for any reason.

3. Care for the person. Caring for someone who has just gone through serious trauma includes both physical treatment and emotional support. Remember to stay calm and try to be reassuring; let the person know that help is on its way and that everything will be alright. Other ways to reassure the casualty include asking for their name, if they know what has happened, and then about their interests.

Caring for an Unconscious Person.

1. Determine responsiveness. If a person is unconscious, try to rouse them by speaking to them or by tapping at the shoulder. Do not be afraid to speak loudly or even shout. If they do not respond to activity, sound, touch, or other stimulation, determine whether they are breathing.

2. Check for breathing and a pulse. If unconscious and unable to be roused, check for breathing: look for a rise in the chest area; listen for the sound of air coming in and out; feel for air using the side of your face. If no signs of breathing are apparent, place two fingers under the chin and gently guide the face pointing upwards to open up their airways. If any debris such as vomit can be seen, it is appropriate to move them onto their side to allow it to get out, which is achieved with the recovery position. Check for a pulse.

3. If the person remains unresponsive, prepare for CPR (cardiopulmonary resuscitation). Unless you suspect a spinal injury, carefully roll them onto their back and open their airway. If you suspect a spinal injury, leave the person where they are, provided they are breathing.

Keep the head and neck aligned.

Carefully roll them onto their back while holding their head.

Open the airway by lifting the chin.

4. Perform 30 chest compressions and two rescue breaths as part of CPR. In the center of the chest, just below an imaginary line running between the nipples, put your two hands together and compress the chest down approximately 5.1 cm at a rate of 100 compressions per minute. After 30 compressions, give two rescue breaths, done by opening the airways, closing the nose and fully covering the mouth hole. Then check vitals. If the breaths are blocked, reposition the airway. Make sure the head is tilted slightly back and the tongue is not obstructing it. Continue this cycle of 30 chest compressions and two rescue breaths until someone else relieves you.

5. Check these three things frequently as you give the person first aid CPR.

Airway. Does the person have an unobstructed airway?

Breathing. Is the person breathing?

Circulation. Does the person show a pulse at major pulse points?

6. Make sure the person is warm as you wait for medical help. Drape a towel or a blanket over the person if you have one; if you don't, remove some of your own clothing and use it as a cover until medical help arrives. However, if the person has a heatstroke, do not cover him or keep him warm. Instead try to cool him by fanning him and damping him.

7. Pay attention to a list of don'ts. As you administer first aid, be sure to be aware of these things that you should not do in any case:

Do not feed or hydrate an unconscious person. This could cause choking and possible asphyxiation.

Do not leave the person alone. Unless you absolutely need to signal or call for help, stay with the person at all times.

Do not prop up an unconscious person's head with a pillow.

Do not slap or splash with water an unconscious person's face.

If the person appears in danger due to an electric shock, you may attempt to move it, but only with a non-conductive object.

2. Learn how to provide first aid for a broken bone. Match the beginning 1-4 and the end a-d of the instructions.

A broken bone can be treated with the following steps:

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|--------------------------------|--|
| 1. Immobilize the area. | a) A bundle of newspapers and sturdy tape will do just the trick. A broken finger, for example, can also use another finger as a stabilizing splint. |
| 2. Numb the pain. | b) Tie a shirt or a pillowcase around a broken arm and then around the shoulder. |
| 3. Make a splint. | c) Make sure that the broken bone doesn't have to move or support any other body parts. |
| 4. Make a sling, if necessary. | d) Often, this can be done with an ice-pack covered by a towel. |

3. Learn how to treat a burn. Choose the correct phrases in italics.

Treat / Do not treat first- and second-degree burns by immersing or flushing with cool water for at least 10 minutes (no ice). *Use / Don't use* creams, butter or other ointments, and *pop / do not pop* blisters. Third degree *burns should / should not* be covered with a damp cloth. *Remove / Do not remove* clothing and jewelry from the burn, *but try / do not try* to remove charred clothing that is stuck to burns.

4. Learn about first aid for severe bleeding. Complete sentences with a word from a box.

pressure, wound, apply, debris, place, bleeding, embedded, disposable

For severe bleeding, take these first-aid steps and reassure the injured person.

Remove any clothing or 1 _____ on the wound. Don't remove large or deeply 2 _____ objects. Don't probe the wound or attempt to clean it yet. Your first job is to stop the 3 _____. Wear 4 _____ protective gloves if available. 5 _____ a sterile bandage or clean cloth on the wound. Press the bandage firmly with your palm to control bleeding. 6 _____ constant pressure until the bleeding stops. Maintain pressure by binding the 7 _____ with a thick bandage or a piece of clean cloth. Don't put direct 8 _____ on an eye injury or embedded object.

5. Do the quiz.

1. While making lunch, your friend has cut their hand and it is bleeding heavily, what should you try to do first?

- a) Get them to calm down.
- b) Try to stop or slow down the bleeding.
- c) Clean the wound to prevent infection.

2. When someone is bleeding heavily, what key action can you take to stop or slow down the bleeding?

- a) Put pressure on the wound.

b) Tie a tourniquet above the wound.

c) Apply an ice pack to the wound.

3. If someone has a burn, what is the key action you can take to help?

a) Cover the burn.

b) Cool the burn.

c) Clean the burn.

4. Your sister has a burn and only puts it under cold water very briefly. How long should you run a burn under cold water for?

a) At least one minute.

b) At least 10 seconds.

c) At least ten minutes.

5. You are helping your grandma make some soup, when she tips the boiling stock over her arm. You know you have to quickly cool the burn. How does this action help her?

a) Reduces the pain and risk of scarring.

b) Prevents further injuries.

c) Prevents infection.

6. If someone has broken a bone, what is the key action you can take to help them?

a) Put the injury in a splint.

b) Keep the injury still and supported.

c) Make the person keep still.

7. If someone has a broken bone, which of the following statements is true?

a) If you do not support the limb, it doesn't matter. The bone will just naturally heal on its own.

b) If you do not support the limb it may cause further injury and pain.

c) If you do not support the limb, the person will be able to move the limb more easily and reduce the pain.

To learn more about first aid, go to

<http://firstaidlearningforyoungpeople.redcross.org.uk/>

Keys

2. Learn how to treat a burn.

Treat first- and second-degree burns by immersing or flushing with cool water for at least 10 minutes (no ice). Don't use creams, butter or other ointments, and do not pop blisters. Third degree burns should be covered with a damp cloth. Remove clothing and jewelry from the burn, but do not try to remove charred clothing that is stuck to burns.

3. Provide first aid for a broken bone.

A broken bone, however common, can be treated with the following steps:

Immobilize the area. Make sure that the broken bone doesn't have to move or support any other body parts.

Numb the pain. Often, this can be done with an ice-pack covered by a towel.

Make a splint. A bundle of newspapers and sturdy tape will do just the trick. A broken finger, for example, can also use another finger as a stabilizing splint.

Make a sling, if necessary. Tie a shirt or a pillowcase around a broken arm and then around the shoulder.

4.

1 debris, 2 embedded, 3 bleeding, 4 disposable, 5 place, 6 apply, 7 pressure, 8 wound.

5. 1b, 2a, 3b, 4c, 5a, 6b, 7b.