



evropský
sociální
fond v ČR



EVROPSKÁ UNIE



MINISTERSTVO ŠKOLSTVÍ,
MLÁDEŽE A TĚLOVÝCHOVY



OP Vzdělávání
pro konkurenceschopnost

INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Projekt:	MO-ME-N-T MOderní MEtody s Novými Technologiemi
Reg.č.:	CZ.1.07/1.5.00/34.0903
Operační program:	Vzdělávání pro konkurenceschopnost
Škola:	Hotelová škola, Vyšší odborná škola hotelnictví a turismu a Jazyková škola s právem státní jazykové zkoušky Poděbrady
Tematický okruh:	First aid
Jméno autora:	Michal Škvor
Datum:	26. 10. 2013
Ročník: (Cíl. skupina):	2. – 4.
Anotace:	Slovní zásoba z oblasti první pomoci a jak postupovat v případě úrazu. Popis běžných chyb při podávání první pomoci.

First Aid

If you find someone seriously injured it is **your** time to act.

If a person does not respond to your voice or to gentle pressure applied to their body, they are most likely unconscious.

To confirm if someone is unconscious and not breathing
- complete four primary steps -

Danger, Response, Airway, Breathing (DRAB) or
sometimes **ABC** (airways, breathing, circulation)

☠ **Danger** – check if there is any danger either for you or for the injured person.

!!! You are expected to help only if it is safe for you !!!

3) **Response** - shout at them and/or shake with them to find out if they are conscious

If they respond, check for severe bleeding and other injuries and call for help

If not ⇐

☛ **Open the airway** - help them to breathe by opening their airway

To do this, place one hand on the forehead and using two fingers lift the chin

✓ **Check breathing**

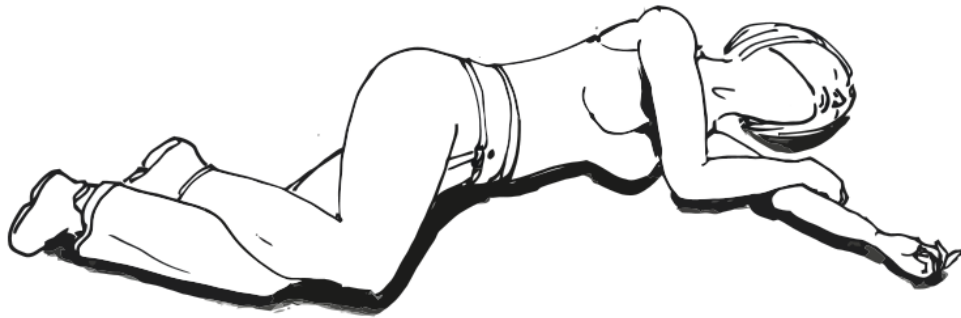
Put your cheek close to their mouth and:

- look to see if the chest is rising and falling
- listen for breathing
- feel the breath against your cheek

If they are breathing ☛

Put them in the recovery position

- 👍 turn them onto their side
- 👍 lift chin forward in open airway position and adjust hand under the cheek as necessary
- 👍 check they cannot roll forwards or backwards
- 👍 monitor breathing continuously
- 👍 if injuries allow, turn them to the other side after 30 min



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If they are not breathing 🖱️
start with cardiopulmonary resuscitation CPR

- ✎ Provide 30 compressions
- ✎ Place heel of your hand in the centre of the chest
- ✎ Place the other hand on the top
- ✎ Keeping down by five to six centimetres and release your arms straight and your fingers off the chest, press the pressure, keeping your hands in place
- ✎ Repeat the compressions 30x at a rate of 100 - 120 per min



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Call for help



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If there are more of you **ask someone to call 155**
(or 112) for an ambulance **immediately**

If you are **on your own** without a mobile phone, go and
call for help and then return and continue with CPR

Tell them - location, number of injured people, what
happened to them, any special circumstances



Continue CPR

Continue resuscitation, 30 compressions to 2 rescue breaths

❖ Do not stop unless:

- emergency help arrives and takes over
- they show signs of recovery such as coughing, opening eyes,
speaking or moving purposefully and breathing normally
- you become so exhausted that you cannot carry on.

First Aid Mistakes

- **Icing burns** - you need to cool down a burn but do not put ice on it. You may cause even more harm.
- **Not observing potential danger** - don't let yourself to be focused only on the injured person but check for potential dangers (electricity, chemicals, fire, smoke, etc.)
- **Dislocations** - trying to put the dislocated joint back into the position
- **Embedded object** - removing the object or putting pressure over it
- **Frostbite** - don't use hot water to warm up affected part
- **Cut** – do not put any ointment for fresh air allows it to heal
- **Car accident** - do not pull an injured person out of the car but leave them there unless they are in a life threatening condition.