

READ THE TEXT ABOUT FIRST AID AND FILL IN THE GAPS WITH THE WORDS IN THE BOX. THEN WATCH THE VIDEO AND CHECK YOUR ANSWERS.

techniques how lungs come across knowledge likely blood
what plenty themselves enough tend to looks keep on
someone's too much getting slightly breathing skill choking
worse at least still twice close taught

FIRST AID

http://www.youtube.com/watch?v=1FKdpKePv_o

Being able to perform first aid can be a life-saver and is a great 1. _____ to learn. The key to being a confident and competent first aider is to attend a recognised first-aid course where you'll be given 2. _____ of opportunity to practise the skills you're 3. _____.

In my experience most people, probably every person at some point in life, is going to be able to save 4. _____ life.

It may simply be that they turn someone into the recovery position.

If you don't realise 5. _____ crucial that is, you wouldn't realise you've saved someone's life, whether it's the drunk teenager who's had 6. _____ to drink and who would die in the night by inhaling their own vomit, someone who falls down, bangs their head.

There's just so many reasons why people can get into very 7. _____ life-and-death situations.

And if you know 8. _____ to do, you can make a dramatic difference.

"I want to have the skills to help my family 9. _____ if something happened to them."

Burns, scalds. They're the same things, they're just caused perhaps in 10. _____ different ways.

Treatment for those is simple. If you don't cool it quickly, it's going to get 11. _____. So lots of running water, cool it down, and when it's cool, cover it so that the air doesn't get into it. Air carries bacteria.

So, sterile dressings are effective but they 12. _____ stick. So something non-sticky like cling film is a fabulous way to cover a burn.

"I feel a lot more confident now about situations that I might 13. _____. And if I can help, then I will."

When people lose large amounts of blood it's life-threatening and it becomes so very quickly.

So as a first aider, my priority is always to reduce effectively the amount of blood that's lost. We use two 14. _____. We apply pressure and we elevate. Hold the bleed above the level of the heart and apply pressure. But if you've looked at it and decided it's deep, it's big, it 15. _____ nasty, take it to hospital, don't take any chances. They're the experts.

"When you see someone in distress, you just automatically want to help. But it's whether you have the right skills, the right 16. _____, the right information to actually utilise that in the correct way to help someone, rather than cause them to become any worse.

But knowing that you have done a course that's taught you and given you that knowledge and education and practical skills, you can actually apply it."

17. _____ is considered by us a major emergency because within minutes that person could be unconscious and unable to breathe for themselves.

So if we can move that object quickly, we may be able to get them 18. _____ again. Back blow is where we would begin and it's an effective way in most cases of actually knocking the object out of the mouth. Get them to lean forwards, support them so that you don't knock them over and use the heel of your hand to hit between the shoulder blades firmly.

If that doesn't work, repeat it five times. If that 19. _____ doesn't work, then we can move on to that dramatic thing you've seen in the movies, the abdominal thrust. Use your fist just above the belly button and with two hands pull sharply up and back. It's going to blow air out of the 20. _____ very quickly, hopefully dislodging the object.

"Hello, can you hear me? Hello."

Resuscitation is the only effective way we have of 21. _____ oxygen to the brain. If the brain's dead, then the rest of the person goes.

Always start this by applying 30 chest compressions. We're literally aiming for the centre of the chest. We're roughly over the heart. It's close 22. _____. But we always want the chest to go down by one third.

So on an adult you're going to need to use your body weight. You're going to use two hands. Now, I would put one hand in the middle, place my other hand on the top, pull my fingers up out of the way, and you're going to use your body weight to take this down.

These dummies have clicks so you'll know when they've gone down enough. And that's 30 times at approximately 23. _____ every second. So it's quite quick. And it's quite strenuous. That helps to push 24. _____ around the body. Then we're going to try and get two breaths of air in. Plenty of oxygen in your out breath. And blow. And then you repeat it. And as you can see, the chest rises. When it's gone back down, we're ready to give that second breath.

And you're going to 25. _____ going with that until there's a dramatic change. The skills 26. _____ are very easy to acquire and very easy to put in practice. But the difference between having practised it and having read it in theory is dramatic, because in a real-life situation you don't remember what's in the book. You are a lot more 27. _____ to remember what you've actually practised. That's the difference.