FIRST AID

THE THREE Cs

1. C_____

- means checking for anything dangerous n the scene where assistance may be needed. (Rushing into a scene without checking present dangers may lead to more harm for yourself or others). Take the e_____ of the scene and if the victim is r_____ .

2. C_____

In emergency situations, it's important to c_____112 immediately. As a first responder, act right away to get help from professionals. Provide correct information for the e_____ professionlas and get them involved as soon as possible.

3. C_____

After that, provide c_____ until medical professionals arrive on the scene. Monitor the victims b_____ . You may need to stop bleeding or perform CPR. Follow the circulation-airway-breathing of first aid.

THE THREE Ps

1. Preserve Life

As a first responder to any situation, your first priority should be to p_____ life. You may need to perform CPR, stop bleeding or take other action to preserve the victim's life. Start with A-B-C = a_____, b_____ and c_____.

Ensure that the victim has no blocks in their a_____ and that they are b_____. Asses the quality of the victim's c_____.

2. Prevent Deterioration

Do what you can to keep the victim in stable condition until medical professionals arrive. The goal is to p_____ them from worsening and from any more injuries. This might mean moving the v_____ to a safer location, applying first aid, stabilizing them, or just staying with the victim and providing comfort.

3. Promote Recovery

After you've done what you can, you should promote r_____. This can be done by encouraging confidence, providing comfort, attempting to relieve pain, and so on.

These tips and tricks for emergency situations and first aid can differ depending on your specific situation but remember the basics may help you save a life or prevent pain.

Yell for help. Send someone to phone

Look for or only gasping

Push hard and fast. Give

Open the and give

Repeat sets of and

1.

2.

3. Check for

4. Place your hands at the

6. If you've had training, repeat cycles of