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 h	ow lungs	come across	knowledge	likely	blood
what plenty	themselves	enough	tend to looks	keep or	1
someone's too	much ge	etting slight	tly breathing	skill	choking
worse at least	still twi	ce close	taught		

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				
<u>3.                                      </u>				
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 21oxygen 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 24around 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.

