

FIRST AID

THE THREE Cs

1. C _____
- means checking for anything dangerous in 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 _____ professionalas 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 :

