



First aid is the help that you give someone quickly after they have hurt themselves or have had an **accident**. It can stop a person from becoming more ill. In some cases, it can even save a person's life.

Only someone who knows first aid well should try to **treat** an injured or sick person. Usually, you give first aid until a doctor or an ambulance arrives. Never try to give someone first aid unless you know what to do. The wrong actions can do more **harm** than good.

CALL FOR HELP

When someone has been hurt or has had an accident, the first thing to do is get help. If you don't know the phone number of the local doctor or hospital **dial** an emergency number: 144 for an **ambulance**, 133 for the **fire department** and 122 for the police.

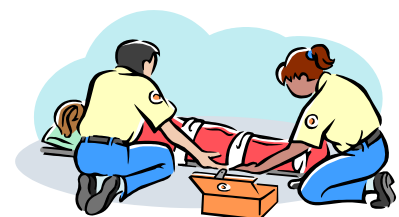
When you call for help you should be able to give correct information. An **ambulance** needs to know where the **injured** person is **located** and what exactly has happened. In some cases, you will be given **instructions** on what to do until a doctor or **ambulance** arrives.



IMMEDIATE HELP

Sometimes you cannot wait until help arrives. You must begin helping a person at once, **especially** if the **victim** is **bleeding** strongly, has been **poisoned** or if breathing has stopped. Even if you wait for a short time this can be **fatal**. Here are some important **rules** for **immediate** help

- Do not move a person who may have a broken **bone**, **internal injuries** or an injured **spine** **unless** you really have to.
- If the **victim** is lying down, keep the person in that position. Do not allow them to walk or stand up.
- Never give food or **liquid** to a person who may need an operation.
- If the **victim** is **unconscious** turn the head to one side to keep the person from **choking**. But do not move the head of a person who may have a **spinal injury**.
- Never give water to a person who is **unconscious**.
- Make sure that the **victim** has an open **airway**. The nose, mouth and **throat** should be clear in order for them to **breathe**.
- Make the **victim** comfortable, but **touch** a person only if you have to.
- If **necessary** move the **victim** away from the sun or put them into the **shade**.
- **Remain calm** and talk to the **injured** person. Explain what is being done and say that help is on its way.

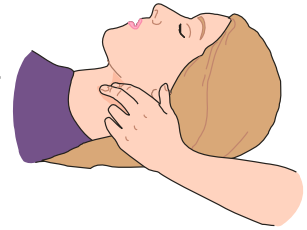


SHOCK TREATMENT

If the blood in your body does not **circulate properly** it may result in shock. Any **serious injury** or illness may lead to shock. When a person is in shock blood does not carry enough **oxygen** and food to the **brain** and other organs.

A **victim** who **suffers** from shock may look afraid, **confused**, **weak** and be extremely **thirsty**. The skin **appears pale** and feels cold. Pulse and breathing are fast .

To **treat** shock , **place** the victim on his or her back and **raise** the legs a little. Warm the **victim** by putting **blankets** around them.



BLEEDING



Strong bleeding can **cause** death in minutes. **Bleeding** from small **wounds** usually stops after a short time because the blood **clots**. But **clotting** cannot stop the **flow** of blood when a **wound** is big.

The best way to stop bleeding is to press on the **wound** itself. If possible let the person lie down and **raise** the bleeding part of the body. Then put a sterile **handkerchief, cloth** or **towel** on the **wound** and press it down with your hand. Do with for 10 to 20 minutes until help arrives.

Sometimes direct **pressure** cannot stop strong **bleeding**. If the **leg** or arm is hurt you can try to stop bleeding by putting **pressure** on the **artery** that carries blood to the **injured** body part.

POISONING

There are four ways in which a victim may be **poisoned**. **Poison** may be **swallowed**, **inhaled**, **injected** or **absorbed** through the skin. If a poison **victim** becomes **unconscious** or has **difficulty** breathing call for an **ambulance immediately**.



A person who has **swallowed** something **poisonous** may die **within** minutes if they are not **treated**. The first step is to find out what kind of **poison** the person has **swallowed** . Call a doctor or a **poison control centre immediately** and follow the instructions that you are given carefully.

If a person has **inhaled** a **poison** like **carbon monoxide** or **chlorine gas** move him or her to fresh air at once. Open all doors and windows .

Injected **poisons** are those that come from **insect stings** or bites. If you are **stung** by a bee the **stinger remains** in the **wound** . **Remove** it carefully and put ice on the **sting** or **run** cold water over it. If a person is bitten by a **tick** pull out the **remaining** part carefully and slowly . Use a **glove** or something else but not your **bare** hands. Do not try to burn it off or put oil on it. If a **rash** or **flulike symptoms develop** in the following weeks contact a doctor.

Sometimes a **victim** may have an allergy towards bite or **stings**. In such a **case either** call a doctor , an **ambulance** or take the person to the nearest hospital .

Poisons can also be **absorbed** through the skin if you get in contact with **poisonous** plants or **chemical substances**. In such a case **remove** all the clothes that someone is wearing and **flush** the skin with water for about 10 minutes.

ARTIFICIAL RESPIRATION

Begin with **artificial respiration** as soon as possible if a person has stopped breathing. Two or three minutes without breathing can **cause brain damage** and six minutes can be **fatal**. The most **efficient** way is **mouth-to mouth resuscitation** . Put the **victim** on their back . **Kneel** down , **press** the nose together and **place** your mouth over the mouth of the **victim** . Take a deep **breath** and blow hard enough to make the **chest rise**. Then **remove** your mouth and listen for the air to come out . Then **repeat** the **procedure**. Do this until the **victim** starts breathing again or until help has arrived.



BURNS

The first aid **treatment** of burns **depends** on how **severe** the burns are. First **degree** burns show a **reddening** of the skin. Second **degree** burns **damage** deeper **skin layers** and third degree burns **destroy tissue** of deeper **layers** of skin.

To **treat** a first and second degree burn put ice on it or **run** cold water over it. Then put on **sterile bandages** . A person who has third degree burns should not be **treated** at home .

When you **treat** burns never open **blisters** and do not put oil or other **greasy substances** on the burn

FROSTBITE

Frostbite **occurs** when a person has been in extremely cold weather for a long time. It mostly **affects** the skin of the ears, fingers , nose or **toes**. Frostbitten skin **appears pale** or grayish blue and feels **numb**. It should be **treated gently**. Warm the **affected** area with the **heat** of your hand or cover it with clothes until you can get the **victim** indoors. **Thaw** the skin by putting it in **lukewarm** water. Never use water that is hotter than 40 °C. If you get **blisters** do not open them.

FIRST AID KITS

It is a good idea to have a **kit** with **first aid supplies** at home or in your car when you travel. It should include **bandages**, **tissue**, something to write on, a **flashlight**, **scissors**, **safety pins**, a spray or a **lotion** that kills **germs**. Always have a blanket ready to cover a person.



WORDS

- **absorb** = take in
- **accident** = a situation in which a person is hurt
- **affect** = influence, change
- **airway** = the passage in your throat that you breathe through
- **ambulance** = special car that takes a person to a hospital
- **appear** = seem, look as if
- **artery** = one of the passages that carries blood from your heart to the rest of your body
- **artificial respiration** = the way of making someone breathe again by blowing air into their mouth
- **bandage** = a narrow piece of cloth that you tie around a wound
- **bare** = naked
- **blanket** = thick cover for something
- **bleed** = if blood comes out of your body
- **blister** = a swelling of your skin that has liquid in it
- **bone** = a hard part of your body
- **brain** = the organ inside your head that controls how you move, think or feel
- **brain damage** = damage to your brain that is caused by an accident or another illness
- **breath** = the air that you send out of your lungs when you breathe
- **breathe** = to take air into your lungs and send it out again
- **calm** = quiet, still
- **carbon monoxide** = a poisonous gas that is produced when you burn something
- **case** = situation
- **cause** = lead to
- **chemical substance** = chemical material
- **chest** = the front of your body between your neck and your stomach
- **chlorine gas** = a greenish yellow gas that has a strong smell
- **choke** = if you cannot breathe because there is something in your throat and you cannot get enough air
- **circulate** = to travel around
- **clot** = to make thicker
- **cloth** = material that is used for making clothes
- **confused** = mixed up
- **damage** = the harm that you do to your body
- **degree** = the level of something
- **depend on** = to be affected or decided by something
- **destroy** = damage
- **dial** = call, phone
- **difficulty** = trouble, problem
- **efficient** = here: best
- **either** = whichever
- **especially** = above all, more than the rest
- **fatal** = deadly
- **fire department** = organization that works to prevent fires and stop them burning
- **flashlight** = a small electric light that you carry
- **flow** = here: the steady running of a liquid
- **flu-like symptoms** = the signs that your body shows you when you have a cold or a flu
- **flush** = wash out
- **gently** = quietly, smoothly
- **germ** = a very small living thing that can make you ill
- **glove** = something that you wear on your hand to protect it or to keep it warm
- **greasy** = oily
- **handkerchief** = a piece of cloth that you use for drying your nose or eyes
- **harm** = damage
- **heat** = warmth, very high temperature
- **immediate** = at once, right now
- **inhale** = breathe something in
- **inject** = to put a liquid into a someone's body with a needle
- **injured** = hurt
- **insect sting** = if an insect makes a very small hole in your skin
- **instruction** = information that tells you what to do
- **internal injury** = injuries inside your body
- **kit** = a box that has special things in it which you

WORDS

- need
- **kneel** = go down on your knees
- **leg** = the long part of your body that your feet are connected to
- **liquid** = fluid, watery material
- **located** = to be found
- **lotion** = cream, oil, gel
- **lukewarm** = not too hot and not too cold
- **mouth-to-mouth resuscitation** = a method used to make someone start breathing again by blowing air into their mouth
- **necessary** = needed, basic
- **numb** = frozen, without any feeling
- **oxygen** = a gas that has no colour or smell; it is in the air and we need it to breathe
- **pale** = colourless
- **place** = put
- **poison** = something that can lead to death or serious illness if you eat or drink it
- **poison control centre** = organization that gives you information on different types of poison and what to do
- **press** = push down
- **pressure** = force, weight
- **procedure** = process
- **properly** = correctly, as it should be
- **raise** = lift, move up
- **rash** = a lot of red spots on your skin caused by an illness
- **reddening** = to become red
- **remain** = stay
- **remove** = take away
- **rise** = to go up
- **rule** = instruction, advice
- **run** = here: flow
- **safety pin** = a metal pin that keeps things together
- **scissors** = a tool for cutting paper, cloth and other materials
- **serious** = very important
- **shade** = out of sunlight
- **skin layers** = the parts of your skin
- **spinal** = everything that has to do with your spine
- **spine** = the row of bones down the centre of your back that keeps your body upright
- **sterile bandage** = a completely clean piece of cloth that you put around a part of the body that is injured
- **stinger** = the needle-shaped part of an insect's body, with which it stings you
- **substance** = material
- **suffer** = to feel pain
- **supplies** = here: the necessary things you need at home
- **swallow** = to make something go down your throat and into your stomach
- **thaw** = melt
- **thirsty** = if you want to drink something
- **throat** = the passage that leads from your mouth to your lungs and stomach
- **tick** = a very small animal like an insect that lives under the skin of other animals and sucks their blood
- **tissue** = the material that forms animal or plant cells
- **toe** = one of the five moveable parts at the end of your foot
- **touch** = to put your hand or finger on something
- **towel** = piece of cloth that you use for drying your skin
- **treat** = take care of, heal
- **treatment** = something that is done to cure or heal someone or make them healthy again
- **unconscious** = you are not able to see, move or feel anything
- **unless** = if not
- **victim** = someone who suffers because of an illness or disease
- **weak** = tired, shaky
- **within** = inside
- **wound** = injury