

TOPIC 3: First Aid and Safety

Lesson 1: Emergency situations

Primary survey: Something a first aider carries out when they see someone who has had an accident.

DASABC: The 6 stages of the primary survey. They stand for danger, response, shout, airway, breathing, and circulation.

Recovery position: A position someone is put in who is unresponsive but breathing normally.

Unresponsive: When someone isn't communicating.

Lesson 3: Basic First Aid

Plasma: 55% of our blood. It's the liquid part that helps carry everything along.

Red blood cells: 44% of our blood. These carry oxygen from your heart for your body to use

Platelets: 0.5% of our blood. These help your blood clot and stop bleeding.

White blood cells: 0.5% of our blood. These help us fight infections

Internal bleed: When a person is bleeding somewhere inside their body and we can't see it

External bleed: A bleed that is happening on the external surface of a person's body and we can see it.

Objects piercing the skin: Never take an object out of a wound because they can be working as a plug.

Lesson 2: CPR

Cardiac arrest: When someone's heart stops pumping blood around their body

Heart attack: When the flow of blood to the heart is reduced or blocked. This could lead to a cardiac arrest.

AED: Otherwise known as a defibrillator. This sends an electric charge to someone's heart to get it pumping again

Compressions: Quick, regular pushes on the casualty's chest.

Rescue breaths: Do two of these after 30 compressions, and alternate 2 breaths/30 compressions. However, the breaths are not necessary if the person is unable or unwilling to give them. In this instance, the person giving CPR, should miss out the breaths and continue with compressions only.