

FIRST AID

The most important thing to remember is that anyone can **save** a life.

What to do in an **emergency** – a description of what to do before an expert help arrives:

- At first check if the **injured** person is **conscious** – **shake** his/ her shoulders and ask loudly, 'Are you all right?'
- If the person is unconscious, check his/ her **breathing** – look for **chest** movement, listen at his/ her mouth for breath sounds; feel for air on your **cheek**.
- If the person is not breathing or not breathing normally and you cannot feel his/ her pulse, begin chest **compressions**. Place your hands on the centre of his/ her chest. Give 30 chest compressions **pressing down** 4-5 cm. Open the **airway** and block the person's nose. Place your mouth over their mouth and **blow** for one second. Give two breaths. Continue this cycle of 30 compressions and two breaths until help arrives or the person starts breathing normally.
- If the person is breathing normally, place him/ her in the **recovery position**. The airway must be open so put the person's head back.

Bleeding: Look at the **wound** to see if there are any objects in it (if so, don't take them out!). Press to the wound, **raise** the injured part and put a **dressing** and bandage firmly on the wound.

If a person has a nosebleed, he/ she should put their head forwards and block his/ her nose for about ten minutes.

Burns: Cool the burn under cold water for 10 minutes. Put a sterile dressing on the injury. Do not put any cream on the burn!

Broken **bones:** If you think the person can have some broken bones, do not move him/ her **unless** he/ she is in danger. **Support** the injured part - you can use **blankets, cushions, clothes** etc.

Eye injury: If there is something in the eye, wash out the eye with clean water or sterile fluid. Do not take any objects out from the eye!

Asthma attack: The symptoms of an asthma attack are usually problems with breathing, **wheezing** and **distress**. Help the person to relax, ask him/ her to breathe slowly and deeply and tell him/ her to use an inhaler (if **available**).

SLOVNÍ ZÁSoba

to save = zachránit

emergency = nehoda, nouzová situace

injured = zraněný

injury = zranění

conscious = při vědomí x **unconscious** = v bezvědomí

to shake = zatřást

breathing = dýchání

to breathe = dýchat; **breath** = dech

chest = hrud'

cheek = tvář, líce

compression = stlačování

to press down = stlačit, zatlačit dolů

airway = dýchací cesta

to blow = fouknout

recovery position = stabilizovaná poloha

to bleed = krváčet

wound = rána

to raise = zvednout

dressing = obvaz

bone = kost

unless = pokud ne

to support = podepřít

blanket = přikrývka

cushion = polštář

to wheeze = sípat

distress = vyčerpání, utrpení

available = k dispozici



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