

4 FIRST AID

I

People should know how to behave in various life-threatening situations and how to provide first aid. When an accident happens we should keep calm and act without panic. Study the following rules of first aid provided on bleeding, nosebleeds, broken bones, burns and scalds and fainting etc.

BLEEDING

In case of large cuts when bleeding occurs apply pressure directly on the bleeding part with a pad, e.g. a clean cloth. (Your fingers will do if necessary.) If possible, lift the wounded part into the air. Apply a dressing and bandage firmly. If the blood seeps through the dressing, put another bandage over the top of the original. Do not remove the dressing once in place. Call for medical help.

NOSEBLEEDS (EPISTAXIS)

Ask the casualty to sit down with his head bent forwards, loosen any tight clothing from around his neck and chest. Pinch the soft part of his nose firmly for about 10 minutes – longer if necessary. Ask the casualty to breathe through his mouth. Do not plug casualty's nose. Do not allow the casualty to pick or blow his nose. Seek medical help if the bleeding does not stop or if it reoccurs.

BROKEN BONES

A broken bone is also known as a fracture. Fractures are usually closed or concealed. They may be open when the bone has gone through the skin or where there is a wound leading to the break.

Features of broken bones are as follows:

- A snap of bone might have been heard by the casualty.
- Pain at or near the fracture.
- The casualty cannot move the part normally.
- Tenderness, swelling and perhaps, later on, bruising.
- Odd shape or strange angle.

Do not move the injured person unless he is in danger of further injury. Support and steady the injured part until it is supported by other means. Use rolled up blankets, coats, bags etc. to support the injury. If it is an open fracture, cover lightly with a clean dressing. Do not put pressure on it. To control any bleeding gently press the sides of the wound together. Do not give the casualty anything to eat, drink or smoke. Arrange transport to hospital.

BURNS AND SCALDS

Burns result from dry heat, scalding from moist or wet heat. Burns may be superficial – very tender and with red skin, or they may be blistered or deep – with waxy, pale or even charred skin.

The treatment for burns and scalds is exactly the same. Place the area under cold, slowly running water or immerse in cold water for at least 10 minutes, or longer if the pain persists. Remove any rings, watches, tight clo-

thing etc. before the area starts to swell. Do not remove any clothing that is stuck to the skin. Cover the area with a plastic food bag or cling film (from a new roll, or any clean, non fluffy material). Seek medical help. Never apply fats, creams, ointments or sticking plasters. Do not interfere with blisters.

FAINTING

The casualty feels weak and lightheaded and falls to the ground. The pulse is usually slow or weak. If the casualty feels faint sit him down his head between his knees. Loosen tight clothing from around his chest, neck and waist. If the casualty has fallen to the ground leave him there but raise his legs in the air. Watch the airway, breathing and pulse and be prepared to resuscitate.

CHOKING

Open the airway and remove any visible obstruction such as false teeth or food. Encourage coughing. Bend the casualty forwards. Slap sharply between the shoulder blades up to four times. Check the mouth, remove the obstruction if it is visible. Repeat back slaps if necessary. If the casualty stops breathing, follow **A B C of Resuscitation**. If a baby or child is choking, tip them over your knee so that the head is lower than the stomach. Give a series of 4 firm back slaps.



INSECT STINGS

If the sting is visible, gently remove with tweezers. Apply cold pad, surgical spirit or solution of bicarbonate of soda.

OVERCOME BY HEAT

Being overcome by the heat can occur very quickly. The casualty may complain of a headache and feel tired,

dizzy and nauseated. Always ensure that babies and children wear a sun hat when out in the sun, and that they have plenty of fluids to drink.

Get the casualty out of the sun. Cool the casualty down by giving him sips of cold water to drink. Direct currents of air onto the casualty by fanning him with a magazine or an electric fan. If unconscious, check breathing and pulse, and place in the **recovery position**. Urgently seek medical help.

There are some other serious accidents which may happen during our lives and these casualties are in need of immediate first aid: **foreign body in the eye or in the ear, sunstroke and poisoning**.

bandage [bændidʒ] *n., v.*; **fracture** [frækcə] *n.*; **original** [ə'ridʒənl] *n., adj.*; **panic** [pænik] *n.*; **superficial** [sju:pə'fiʃl] *adj.*

VOCABULARY

angle [æŋɡl] úhel
apply [ə'plai] přiložit
behave [bi'heiv] chovat se, reagovat
bleeding [bli:diŋ] krvácení
blister [blistə] puchýř; zpuchýřovatěť
blow [bləu] *zde: blow one's nose* – vysmrkat se, smrkat
bruise [bru:z] *v.* pohmoždit, nadělat modřiny
n. modřina, podlitina
burn [bɜ:n] popálenina, spálenina
char [tʃɑ:] spálit na uhel, zuhelnit
choke [tʃəuk] dusit se, zalknout se
cling [kliŋ] těsně přiléhat
cling-film [kliŋ film] igelit, mikrotén
conceal [kən'si:l] zatajit, utajit, skrýt
concealed fracture [kən'si:ld frækcə] skrytá zlomenina
do zde: that will do – to bude stačit, to stačí
faint [feint] omdlít, upadnout do mdlob
feel f. – cítit se na omdlení, pocíťovat nevolnost
fainting [feintiŋ] mdloba
feature [fi:tʃə] charakteristický znak
firmly [fɜ:mli] pevně
fluffy [flafi] chlupatý, pokrytý chmýřím
follow [foləu] – *zde: as follows* – jak následuje
further [fɜ:ðə] další
heatstroke [hi:tstrəuk] úžeh, úpal
immerse [i'mə:s] ponořit, potopit
injury [indʒəri] poškození, zranění, úraz
interfere [intə'fiə] *with* něco dělat s, dotýkat se *čeho*
lightheaded [lait'hedið] mající závrať, trpící závratí
loosen [lu:sn] uvolnit
means [mi:nz] *sg. i pl.* prostředek(y), způsob(y)
moist [moist] vlhký, mírně mokrý
nosebleed [nəuzbli:d] krvácení z nosu
odd [od] zvláštní, podivný
ointment [ointment] mast, mazání
overcome [əuvə'kam] přemoci, zdolat, zvítězit

be o. by/with – být zmožen *čím*
overcoming by heat – postižení úžehem
pad [pæd] polštář, vycpávka (*pod obvaz*)
pale [peil] bledý, pobledlý
persist [pə'sist] trvat dále, udržet se
pick [pik] *zde: p. one's nose* – rýpat se, štourat se (*v nose*)
pinch [pinč] sevřít, stisknout
plaster [plɑ:stə]: **sticking p.** – přilnavá náplast
plug [plag] ucpat, zacpat
poisoning [poizniŋ] otrava
provide [prə'vaid] poskytnout
reoccur [ri:ə'kə:] znovu se přihodit/stát
scald [sko:ld] opařenina, opaření
seek [si:k] hledat, vyhledávat
seep [si:p] sáknout, prosakovat
shape [ʃeip] tvar, podoba
snap [snæp] prasknutí, ulomení
sting [stiŋ] bodnutí, štípnutí (*hmyzem*)
sunstroke [sanstrəuk] sluneční úžeh, úpal
support [sə'po:t] podložit, podepřít
swelling [sweliŋ] otok, zduřenina
tenderness [tendənɪs] citlivost (*na dotek*)
waxy [wæksi] voskově bledý

EXERCISES

1. Choose the correct words to put in the gaps. Here are five ones. Where do they belong? Can you guess the other nine?

onto great down below while

CASUALTY

While John was going _____ school this morning, a car knocked him _____. His right leg was broken just _____ the knee. Some people _____ saw the accident laid him _____ a comfortable position _____ the pavement and telephoned _____ an ambulance. John was badly shocked and in _____ pain. _____ the people were waiting for the ambulance, the driver _____ the car that knocked John down covered him _____ a coat and tried to comfort him. When the ambulance arrived, John was lifted _____ a stretcher, put _____ the ambulance and driven to a hospital that was not far _____.

(From 'English For Nurses')