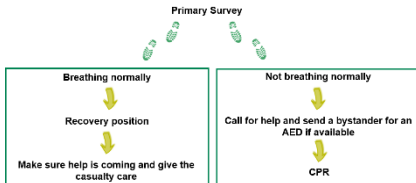








Vocabulary	Skills	Famous First-Aiders
<p><b>Primary Survey</b> – checking the situation to see if it is safe to help a casualty.</p> <p><b>Heart Rate</b> – The amount of beats the heart makes in one minute – between 60-80 is normal.</p> <p><b>Respiratory Rate</b> – the number of times somebody breathes in a minute – around 6 is normal</p> <p><b>Pulse</b> – same as heart rate – beats per minute</p>	<p><b>DRsABC - Primary Survey</b></p> <p>D – Danger R- Response S – Shout</p> <p>A – Airway B – Breathing C – Circulation</p> 	<p><b>St John Ambulance</b> </p> <p>The St John Ambulance Association was founded in 1877 to provide first aid training. In 1887, the St John Ambulance Brigade was founded to provide uniformed medics at public events. The organisation covers many major events across England including the <a href="#">London Marathon</a> and <a href="#">Hyde Park</a> concerts, as well as smaller and charitable events such as fetes and local fairs.</p>
<p><b>Call 999/112 – Emergency Numbers</b></p> <p>‘Is the casualty breathing?’ is the first question to answer, then location and any other information that could be helpful.</p> <p><b>Cuts (skin)</b> – full break to the skin</p> <p><b>Graze (skin)</b> – top layers of skin scraped off</p> <p>Treated by cleaning, drying, compression and cover (to stop infection)</p>	<p><b>CRP (Cardiopulmonary Resuscitation)</b></p> <ol style="list-style-type: none"> <li>1. Call 999/112 <ul style="list-style-type: none"> <li>&gt; Kneel by the side of your casualty</li> <li>&gt; Send a bystander for an AED if one is available</li> </ul> </li> <li>2. Place one hand... <ul style="list-style-type: none"> <li>&gt; On the centre of the chest</li> <li>&gt; Put the heel of the other hand on top</li> <li>&gt; Interlock your fingers to lift them off the chest</li> </ul> </li> <li>3. Begin chest compressions <ul style="list-style-type: none"> <li>&gt; Lean over with your arms straight</li> <li>&gt; Press downwards on breastbone 30 times</li> </ul> </li> <li>4. Press down <ul style="list-style-type: none"> <li>&gt; To a depth of about 5-6cm</li> <li>&gt; Release the pressure but leave hands in place</li> <li>&gt; Try to press at a rate of 100-120 times per minute</li> </ul> </li> <li>5. Breathe into casualty <ul style="list-style-type: none"> <li>&gt; open the airway and pinch the nostrils together</li> <li>&gt; take a breath and blow into the mouth until the chest rises</li> <li>&gt; repeat to give two breaths</li> </ul> </li> <li>6. Start compressions again <ul style="list-style-type: none"> <li>&gt; repeat 30 chest compressions with two breaths until help arrives</li> </ul> </li> </ol>  <p>St John</p>	<p>The British Red Cross is one of the leading providers of first aid training in the United Kingdom. It trains people both on a community and commercial basis. The commercial training teams run nationally recognised First aid courses specifically designed to provide skills for use at work. The British Red Cross have been running these courses for 25 years and over 120,000 people are trained each year. Courses range from a basic Emergency Life Support to a three-day First Aid at Work (FAW).</p> <p> <b>BritishRedCross</b></p>
<p><b>AED</b> - automated external defibrillator, is used to help those experiencing sudden cardiac arrest – delivers a shock to the heart</p> <p><b>Compression</b> – squeezing the heart by pressing on the chest</p> <p><b>Allergic Reaction</b> – sneezing, runny or blocked nose, red eyes, coughing.</p> <p><b>Fracture (bones)</b> – broken bones – <i>signs</i>: pain, swelling, deformity.</p>	<p><b>Recovery Position – when responsive</b></p> <ol style="list-style-type: none"> <li>1. Kneel <ul style="list-style-type: none"> <li>&gt; By the side of your casualty</li> </ul> </li> <li>2. Angle arm <ul style="list-style-type: none"> <li>&gt; Put the arm nearest to you to make a right angle. Palm facing upwards</li> </ul> </li> <li>3. Hand to cheek <ul style="list-style-type: none"> <li>&gt; Bring the arm furthest away across the chest and place the back of their hand against the cheek nearest to you</li> <li>&gt; Hold it there</li> </ul> </li> <li>4. Knee bend <ul style="list-style-type: none"> <li>&gt; With other hand, bend their far knee up so that the foot is flat on the floor</li> </ul> </li> <li>5. Knee pull <ul style="list-style-type: none"> <li>&gt; Pull on the knee to roll the casualty towards you onto their side</li> <li>&gt; Adjust them as necessary</li> </ul> </li> <li>6. Ensure airway is open <ul style="list-style-type: none"> <li>&gt; Recheck breathing</li> <li>&gt; Call 999/112</li> <li>&gt; Stay and monitor casualty until help arrives</li> </ul> </li> </ol>  <p>St John Ambulance KS2 – Basic Life Support</p>	<p><b>Medical Jobs</b></p> <p>Doctor / Nurse Ambulance Service Health Care Assistant</p> <p><b>Other Jobs where First-Aid is important</b></p> <p>Police / Fire / Coastguard Services Army and Navy Building Site Manager Security Officer</p>