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# First aid



APRENDER GRATIS ES

What are they?

First aid consists of the immediate attention given to a sick, injured or injured person at the scene of events, before being transferred to a healthcare or hospital center.

First aid is the basic and necessary help that is given to a person who has suffered some type of accident or illness until the arrival of a doctor or paramedical professional who is in charge of the situation, this in order to preserve the life of the patient



What are the three S's of first aid?

First Aid Brigades | Personal security. ... There are three security rules (SSS) that the first aid teams must contemplate in order to give good care to the person who needs their help: they are scene evaluation, checking security and evaluating the situation

Ten basic first aid steps:

1. Act quickly but remain calm.
2. Avoid crowds.
3. Know how to prevail.
4. Do not move the injured person unless it is essential.
5. Adequate transfer (as a general rule, do not immobilize the injured person and, if necessary, move them in a block).
6. Do not give the injured person to drink, eat or medicate.
7. Reassure the injured.
8. Keep the casualty warm.
9. Do only what is essential.
10. If not known, abstain.

