

Nombre del alumno: Yoana Itzel Gutiérrez Álvarez

Nombre del profesor: Jezabel Ivonne Silvestre Montejo

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Materia: Ingles III

Nombre del trabajo: Ensayo

Ensayo del tema:

“Primeros auxilios”



SEVEN BASIC FIRST AID STEPS



1. Control yourself: first of all you must stay calm; in this way you can act quickly and effectively to help the injured. The magnitude of the damage, the survival prognosis and the sequelae depend on this.



2. Personal safety is to provide good help. Therefore, it is important that you evaluate the scene where the accident occurred. In this way you guarantee your own physical safety and that of others.



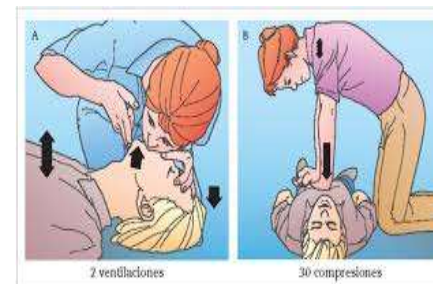
3 verify the general state of the patient, state of consciousness, respiratory and circulatory condition. Subsequently, she takes the patient by the shoulders, shakes slightly and asks if she is all right.



4. Vital signs Count the beats, the pulsations and the breaths in 30 or 20 seconds and multiply by three, this way you get the total number of responses per minute.



5. In case of suffocation: it can occur due to food or a foreign object, as well as broncho aspiration or allergies.



6. Rescue breathing: Insufflation should be performed every 5 seconds, 12 times for one minute. A rhythm must be found, for example, count 1, 2, 3, 1 (in this number insufflation must be applied), 1, 2, 3, 2 insufflation,



7. Cardiopulmonary resuscitation (CPR): You must position yourself perpendicular to the patient. Place your hands near the rib flange, hug them and press hard with your arms straight. You must do 30 compressions for 2 ventilations

Your smile and your gaze in my first aid kit!!