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Licenciatura:

3er. Cuatrimestre Enfermería Escolarizada

Materia:

Ingles III

Nombre del trabajo:

Ensayo del tema:

“First Aid Poster”

FIRST AID

1



2



3



7



4



5



6



1. Control yourself: You must stay calm for fast current and provide better help.
2. Personal safety: Make sure your surroundings are out of danger.
3. Evaluate the injured: Check the patient's condition, then take him by the shoulders, shake slightly and ask if he is well.
4. Vital signs: Count the beats, pulsations, breaths and multiply by 3.
5. Choking: Caused by ingestion of a food or foreign object.
6. Rescue breathing: It is applied when the breath is obstructed, you must breathe every 5 seconds, 12 times per minute.
7. Cardio pulmonary resuscitation (CPR): In case of respiratory arrest, combination of breaths and chest compressions. Place one hand on another and press on the chest with the arms straight, you must do 30 compressions and 2 ventilations.