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Licenciatura: Enfermería

Materia: Ingles III

Nombre del trabajo:

Cartel:

“First aid”

FIRST AID

CONTROL YOURSELF



Before anything you should stay calm; in this way you can act quickly and effectively to help the injured.

PERSONAL SECURITY



Being free of risks is essential to provide good help. Therefore, it is important that you evaluate the scene where the accident occurred.

EVALUATE THE INJURED

You must verify the general state of the patient, state of consciousness, respiratory and circulatory condition.



VITAL SIGNS

These are the signs that indicate the presence of life. Counts the beats, pulses, and breaths



RESCUE BREATH



It is applied in the absence of breathing with an unobstructed airway. Its purpose is to restore the normal respiratory pattern. Insufflation should be performed every 5 seconds, 12 times for one minute.

CARDIOPULMONARY RESUSCITATION (CPR)



It consists of a combination of breaths and chest compressions that give an external cardiac massage.

You must be positioned perpendicular to the patient.

Place your hands close to the rib flange, hug them and press hard with your arms straight. You should do 30 compressions for 2 ventilations until signs of breathing appear.