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THE IMPORTANCE OF KNOWING FIRST AID IN EVERYONE.

We must all know the immediate measures to care for a person who requires help, because there are moments of life or death.

The need to act quickly and correctly is essential for us as students in the health sector. Many confuse saving a person's life with first aid, but it's important to know that only vital signs should be kept stable until real help arrives.

First of all, we must remain calm, identify the injured person or people and immobilize them.

There is a basic rule called 3 S, scene, security and situation. The first stage corresponds to the analysis of the scene, to identify if there are more risks or objects that cause other accidents; Later we must check security, call the authorities and identify nearby dangers such as cars, risk of fire, landslide, etc. Finally, we must act regarding the situation, applying knowledge such as Basic Life Support (SVB) and Basic Cardiopulmonary Resuscitation (Basic CPR), as well as techniques to stop bleeding, burns or fractures to name a few. Performing first aid allows the patient to have the opportunity to save himself, whether or not he is a health professional, knowing these techniques allows us to act in a timely and safe manner.

