



Ensayo

**Nombre de alumno: Fabián Aguilar
Vázquez.**

**Nombre del profesor: Andrea Berenice
Segura Leon**

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Introduction

I will talk about the importance of knowing first aid. It has become very important that every citizen knows first aid and especially health professionals. This is because, at work, at home, in the restaurants, school, university or anywhere you we meet, we could witness emergency situations (accidents), in which we could immediately apply some maneuver or first aid technique that allow us to save lives in a matter of seconds.

¿what is first aid?

They are the immediate, temporary and necessary care or help that given to a person who has suffered an accident, illness or exacerbation of this until the arrival of a doctor or professional paramedic who will be in charge, only if necessary, of the transfer to a hospital, trying to improve or maintain the conditions in which that is found.

basic principles of first aid

- Keep calm
- call the emergency services
- assess the situation
- Briefly check vital signs
- maintain the victim's body temperature
- Reassure the victim.
- Do not leave the victim alone.
- Do not administer medication

The importance of first aid

It must be taken into account that a correctly applied First Aid technique can save a person's life. For example, in Spain, it was reported that a young man saved the life of a 47-year-old driver who would have suffered a heart attack. who suffered a cardiac arrest. A 19-year-old youth intervened in this event, who saved the driver's life by applying the first aid and resuscitation. It should be noted that this young man had received training in first aid Thus, an accident that in principle does not have to be fatal, can become a situation of serious risk to the life of the victim if it is not attended to in a timely and adequate manner. The purpose of First Aid, therefore, is to acquire basic knowledge that allows, as far as possible, to stabilize the patient, as well as alleviate pain and anxiety until they can be attended by specialized health personnel.

CONCLUSION

The knowledge that one has about first aid is effective when used in an emergency situation, since with the appropriate application we can save lives and also reduce injuries. However, if the person providing first aid does not know about first aid maneuvers or does not know what deal with an emergency situation, could aggravate the injuries or cause the death of the affected person to be accelerated. The topic of first aid is complex. For this reason it is necessary be well trained to deal with different situations emergency that may arise in any place or moment of life An example of application is the pandemic caused by the disease COVID-19 Faced with this situation, many people with this disease need immediate attention, necessary and effective so that a more serious infection does not occur. On the

other hand, many people with this virus are develop heart problems and eventually die of heart failure or cardiac arrest. This is where we could apply our first aid knowledge, such as CPR technique.

Bibliografía

Silva, A. (2010). Manual de primeros auxilios. Recuperado el 12 de 12 de 2022, de [https://transparencia.info.jalisco.gob.mx/sites/default/files/9.-%20Manual%20de%20Primeros%20%20Auxilios_0.pdf](https://transparencia.info.jalisco.gob.mx/sites/default/files/9-%20Manual%20de%20Primeros%20%20Auxilios_0.pdf)