

Unit 10

PROVIDING FIRST AID

Students Learning Outcomes

On the completion of this unit, the students will be able to:

- scan the text to answer the comprehension questions.
- translate the paragraph into Urdu.
- proofread and edit the given passage.
- use transitional devices learnt earlier.
- recognize and use parenthesis to express an amount in numbers previously expressed in words.
- use active and passive voice.

Pre-reading

- When does someone require first aid?
- Have you ever given first aid to someone?



First aid is the assistance given to any person suffering a sudden illness or injury to preserve life, prevent the condition from worsening and promote recovering. It is the temporary and immediate help. Any lay man can be trained to administer first aid. First aid knowledge ranges from taking care of cuts to dealing with an unconscious person.

Aims:

The key aims of first aid can be summarized in the following three key points, sometimes known as the three Ps.

1. **Preserve life:** The most important aim of first aid is to save life and minimize the risk of death.
2. **Prevent further harm:** This covers both external factors such as moving a patient away from any cause of harm, and applying first aid techniques to prevent worsening of the condition.
3. **Promote recovering:** First aid also involves trying to start the recovering process from injury or illness, and in some cases might involve completing a treatment, such as in the case of applying a plaster to a small wound.

Providing First Aid

Burns, bone fractures, wounds and bleeding often require first aid.

- **Stop the bleeding:** Minor cuts and scrapes usually stop bleeding on their own. If they do not apply gentle pressure with a clean cloth or bandage. Hold the pressure continuously for 20 to 30 seconds. Do not keep checking to see if the bleeding has stopped because this may damage or **dislodge** the clot that is forming and cause bleeding to resume. If blood **spurts** or continues flowing after continuous pressure, take the victim to hospital immediately.
- **Clean the wound:** Rinse out the wound with clean water. To clean the area around the wound, use soap and a washcloth. But soap can irritate the wound, so try to keep it out of the actual wound. Cleaning reduces the risk of infection and tetanus. If dirt or **debris** remains in the wound after washing, use tweezers (cleaned with alcohol) to remove the particles. If debris still remains, go to the doctor.
- **Apply an antibiotic:** After you clean the wound, apply a thin layer of an antibiotic cream or ointment to help keep the surface moist. The ointment



does not make the wound heal faster, but it can help body's natural healing process work fast.

- **Cover the wound:** Bandages can help keep the wound clean and keep harmful bacteria out.

First Aid Box

Every office, factory, home and school should have an accessible first-aid box with the following recommended basic contents:

- **Band-aids (Plasters):** Band-aids or sticking plasters are good for dressing small wounds. They come in all shapes and sizes for fingers, legs, and anywhere else you might get little cuts. Make sure the band aid is big enough to cover the wound, if not you should use a dressing instead.
- **Elastic Bandages:** The elastic bandages are good for wrapping sprained joints or making a sling in the case of a broken arm.
- **Gauze and Adhesive Tape:** Gauze-pads or rolls are cloth pads that are placed directly on a wound to protect and control bleeding (for larger cuts and scrapes). You will need adhesive tape to keep the gauze in place. In an emergency, a clean cloth, hand towel, can be used to cover the wound.
- **Antiseptic Wipes (Alcohol Swabs) and Cotton Wool:** These are used for cleaning the wounds.
- **Safety Pins and Tweezers:** Safety pins are used to fasten the bandages and tweezers are used for taking pieces of small stones out of wound.
- **Scissors:** A pair of scissors is needed to cut the tape and gauze.
- **Latex Gloves:** Latex gloves are always a good idea, especially if you are dealing with body fluids of a stranger.
- **Calamine Lotion:** Calamine lotion is used for soothing sunburns and stings.

Reading and thinking skills

Comprehension

1. Answer the following questions.

- i. When does a person require first aid?
- ii. How can a life be saved?

- iii. What are key aims of first aid?
- iv. What are the conditions that require first aid?
- v. Why should we cover the wound?
- vi. What basic contents are recommended for a first aid box?
- vii. How can bleeding be stopped from cuts and wounds?
- viii. What is the function of applying antibiotic cream on wounds?
- ix. How can sprained joints be wrapped?
- x. What things can be used to cover the wound?

2. Choose the best option to complete the following sentences.

- i. The most important aim of first aid is
 - a) to save life and minimize the risk of death.
 - b) to take patient to hospital.
 - c) to save life and maximize the risk of death.
 - d) to give medicines.
- ii. If blood spurts or continues flowing after continuous pressure
 - a) provide first aid.
 - b) seek medical assistance.
 - c) apply gentle pressure with clean cloth.
 - d) wash it with water.
- iii. Cleaning reduces the risk of
 - a) allergy. b) rash.
 - c) infection. d) germs.
- iv. Band-aids are good for dressing small
 - a) wounds. b) burns.
 - c) fractures. d) sprained joints.
- v. Calamine lotion is used for soothing sunburns and
 - a) stings. b) rash.
 - c) wounds. d) cuts.
- vi. First aid involves trying to start the recovering process from
 - a) injury or illness.
 - b) headache to backache.
 - c) sore throat to coughing.
 - d) home to school.

- vii. Burns, bone fractures, wounds and bleeding
 - a) do not require first aid. b) never require first aid.
 - c) often require first aid. d) hardly require first aid.
- viii. If dirt or debris remains in the wound after washing, use tweezers
 - a) to do bandage. b) to provide comfort.
 - c) to remove the particles. d) to wash the wound.
- ix. Gauze-pads or rolls are cloth pads that are placed directly on a
 - a) leg to protect and control bleeding.
 - b) wound to protect and control bleeding.
 - c) arm to protect and control bleeding.
 - d) finger to protect and control bleeding.
- x. Any lay man can be trained to
 - a) take first aid. b) read first aid.
 - c) administer first aid. d) buy first aid kit.

Critical Thinking

How can first aid awareness be raised in the educational insitutions?

Vocabulary

3. Translate the following paragraph into Urdu.

First aid is the assistance given to any person suffering a sudden illness injury to preserve life, prevent the condition from worsening and promote recovering. It is the temporary and immediate help. Any lay man can be trained to administer first aid. First aid knowledge ranges from taking care of cuts to dealing with an unconscious person.

Writing

4. Proofread, and edit the given passage. Correct the following errors.

- Verb tense
- Missing punctuation marks
- Spellings
- Subject-verb agreement

Passage

I am lucky to have such a wonderful family. They have always treat me like a special person. Now that I lived in England I dont get to see most of them. Writing about my family keeps them close to my heart.

I will start by telling about my mother. Her name is Saira. She is 36 years old and was born in Quetta, Balochistan. Her birthday is on February 27. She is a lady doctor and have a very loving nature. My mother is the best person in the whole world for me.

Punctuation

Parenthesis (Round brackets)

Use of parenthesis to express an amount in numbers previously expressed in words.

Examples

- i. He spent ten thousand rupees (Rs.10000) on buying clothes.
- ii. Almost ninety percent (90%) students have qualified for next class.
- iii. My father walks five kilometers (5km) daily.

5. Write five sentences using parenthesis to express an amount in numbers previously expressed in words.

Grammar

Active and Passive Voice

7. Change the following active sentences into passive and passive sentences into active.

- i. The peon rings the bell.
- ii. English is taught by Mr. Ehsan.
- iii. He sells pencils.
- iv. They invited me to a party.
- v. Her work has been finished by her.
- vi. Graham Bell invented the telephone.
- vii. The culprits had been arrested by the police.
- viii. My homework is being done by me.
- ix. People speak English in many parts of the world.
- x. They will help the poor.

Remember!

Active voice refers to that sentence in which the subject performs an action, for example: She cooks food.

Passive voice refers to that sentence in which the subject receives the action of the verb, for example, Food is cooked by her.