

name: _____

class: _____

date: _____

Safety and First Aid



Safety and first aid are critical skills that everyone should learn, especially young _____ . Knowing what to do in an emergency can save lives and prevent _____. The most basic principle of first aid is to do no further harm. This means assessing the _____ carefully before acting. If someone is injured, it's important to call for _____ help immediately. While waiting for help, you can provide basic _____. For example, if someone has a cut, apply pressure to stop the _____. It's also essential to know how to perform CPR, a lifesaving technique used in cases of cardiac arrest. CPR stands for _____ Resuscitation, and it involves chest compressions and rescue breathing. Another critical aspect of _____ is treating burns. If someone has a minor burn, running cool water over the _____ can help. However, for more severe burns, it's crucial to seek medical _____ right away. First aid also includes dealing with fractures or broken _____. In such cases, immobilizing the affected area is important to prevent further _____. Remember, in all cases, safety comes first. It's essential not to move someone who has fallen or has a serious _____, as this could make the situation worse. Finally, it's always a good idea to have a first aid kit on _____. A basic kit should include bandages, antiseptic wipes, and other supplies to treat minor _____. By being prepared and knowing the basics of first aid, you can make a significant _____ in an emergency situation.

first aid	burn	difference	injuries	bones	situation	care	Cardiopulmonary
professional	injury	bleeding	wounds	attention	hand	injury	people