**Activity in Health**

**Identify the missing word/s**

A. Roles of First Aid

1. It is a \_ \_ \_ \_ \_ \_ that fills the gap between the victim and the physician.

2. It is \_\_\_ \_\_\_\_\_\_\_\_ \_\_ \_\_\_\_\_\_\_ with or to take the place of the services of the physician.

3. It ends when the \_ \_ \_ \_ \_ \_ \_ \_ of the physician begins.

B. Objectives of First Aid

1. To \_ \_ \_ \_ lives

2. To \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_

3. To alleviate \_ \_ \_ \_ \_ \_ \_ \_ \_

4. To \_ \_ \_ \_ \_ \_ \_ further injury

C. Characteristics of a Good First Aider

1. \_ \_ \_ \_ \_ \_-does not cause pain and panic

2. \_ \_ \_ \_ \_ \_ \_ \_ \_-notices all signs

3. \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_-makes the best use of things at hand

4. \_ \_ \_ \_ \_ \_ \_- does not frighten the victim

5. \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_- comforts and reassures the victim

D. Principles of First Aid

(Dos in Giving First Aid)

1. DO stay \_ \_ \_ \_.

2. DO reassure and \_ \_ \_ \_ \_ \_ \_ the victim.

3. DO check for a medical bracelet indicating a condition, such as epilepsy or diabetes.

4. DO loosen any tight clothing.

5. DO keep the victim covered to reduce \_ \_ \_ \_ \_

(Don’ts in Giving First Aid)

1. DON’T give food and drink to an \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ person.

2. DON’T move an injured person unless you need to place him/her in the recovery position.

Enumerate the following

1. ABC of first aid

1. A -

2. B -

3. C -

1. Secondary survey (SAMPLEPAIN)

1. S -

2. A -

3. M -

4. P -

5. L -

6. E -

7. P -

8. A -

9. I -

10. N -

1. Pulse can be taken from different points of the body

**Test II. Write TRUE if the statement is correct and FALSE if it is incorrect.**

1. It is good to give food to an unconscious victim.

2. First aid takes the place of the services of a physician.

3. The victim is experiencing shock if his eyes are dilated.

4. The RICE method is used in treating sprains and strains.

5. Apply direct pressure to stop severe bleeding of a wound.

6. A good first aider informs the victim of the severity of the injury.

7. Immobilize the fractured part before taking a victim to the hospital.

8. Primary and secondary surveys of the victim are performed if the scene is not safe.

9. The first consideration in transporting a victim is to identify the place where the victim will be transferred.

10. Checking if something is blocking the airway of the victim is the last step in doing primary survey of the victim.

**Discuss/Answer the following at the back of the paper. (5pts each)**

1. The difference between signs and symptoms
2. Why is it to assess the situation first before proceeding to the primary and secondary survey of the victim?
3. What will you do in case the following emergency situation arise?
4. Your younger sister or brother cuts his/her finger with ankle
5. Your friend falls down the stairs
6. Your teacher suffers a heart attack