

# Year 7 : First Aid

A) Key knowledge - Allergies		B) Key knowledge - Asthma		C) Key knowledge - BLS	
<b>Immune system</b>	responsible for defending you against bacteria and viruses	<b>Allergic</b>	an abnormal reaction of the body to a previously encountered allergen introduced by inhalation, ingestion, injection, or skin contact	<b>Unresponsive</b>	Not reacting or able to react in a normal way when touched, spoken to, etc
<b>Allergen</b>	substances that typically don't pose a threat to the human body	<b>Respiration</b>	The action of breathing	<b>Primary survey</b>	The primary survey is the initial assessment and management of a trauma patient.
<b>Ingested</b>	Take into the body by swallowing or absorbing it.	<b>Asthma</b>	a respiratory condition marked by attacks of spasm in the bronchi of the lungs, causing difficulty in breathing.	<b>Heart Rate</b>	Heart rate is the speed of the heartbeat measured by the number of contractions (beats) of the heart per minute
<b>Injected</b>	Introduce a liquid ( a drug or vaccine) into the body with a syringe	<b>Inhaler</b>	a portable device for administering a drug which is to be breathed in, used for relieving asthma and other bronchial or nasal congestion	<b>Recovery position</b>	A position used in first aid to prevent choking in unconscious patients, in which the body is placed facing downwards and slightly to the side, supported by the bent limbs.
<b>Inhaled</b>	Breath in	<b>Diaphragm</b>	a dome-shaped muscular partition separating the thorax from the abdomen	<b>Monitor</b>	A device used for observing, checking, or keeping a continuous record of something.
<b>Anaphylaxis</b>	an acute allergic reaction to an antigen	<b>alveoli</b>	Many tiny air sacs of the lungs which allow for rapid gaseous exchange.	<b>CPR</b>	Stands for cardiopulmonary resuscitation. It is an emergency life-saving procedure that is done when someone's breathing or heartbeat has stopped.

**Homework:**

Look/cover/write and self-mark the information from Section A

**Homework:**

Look/cover/write and self-mark the information from Section B

**Homework:**

Look/cover/write and self-mark the information from Section C

# Year 7 : First Aid



D) Key knowledge - Bleeding		E) Key knowledge - Choking		F) Key knowledge – Head injuries	
<b>Plasma</b>	the clear, straw-coloured liquid portion of blood that remains after red blood cells, white blood cells, platelets and other cellular components are removed.	<b>Obstruction</b>	Blockage of a passage way.	<b>Concussion</b>	A type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth.
<b>Platelets</b>	Pieces of very large cells in the bone marrow. They help form blood clots to slow or stop bleeding and to help wounds heal.	<b>Larynx</b>	The area of the throat containing the vocal cords and used for breathing, swallowing, and talking	<b>Confusion</b>	The quality or state of being bewildered or unclear.
<b>Assess</b>	To judge or decide the amount, value, quality, or importance of something.	<b>Epiglottis</b>	A leaf-shaped flap of cartilage located behind the tongue. The main function of the epiglottis is to seal off the windpipe during eating, so that food is not accidentally inhaled.	<b>Seizure</b>	A sudden, uncontrolled electrical disturbance in the brain.
<b>Arteries</b>	A vessel that carries blood high in oxygen content away from the heart to the farthest reaches of the body.	<b>Oesophagus</b>	A muscular tube connecting the throat (pharynx) with the stomach.	<b>Fracture</b>	A break, usually in a bone
<b>Veins</b>	Carry deoxygenated blood from the tissues back to the heart	<b>Back blows</b>	Hitting the back to dislodge the object	<b>Compression</b>	The act of pressing together.
<b>Blood vessels</b>	An elastic tubular channel, such as an artery, a vein, or a capillary, through which the blood circulates.	<b>Abdominal thrusts</b>	Grasp the fist tightly with your other hand. Make quick, upward and inward thrusts with your fist.	<b>Closed fracture</b>	The broken bone doesn't break your skin.
<p align="center"><b>Homework:</b> Look/cover/write and self-mark the information from Section A</p>		<p align="center"><b>Homework:</b> Look/cover/write and self-mark the information from Section B</p>		<p align="center"><b>Homework:</b> Look/cover/write and self-mark the information from Section C</p>	