

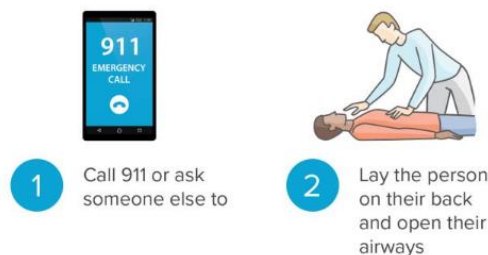
Task: a) *Work in pairs: summarize the following first aid procedure and be prepared to present it to your classmates.*

b) *Form groups of 4 to 8 students (A, B, C, D). Present the first aid procedure you have just prepared.*

A: Cardiopulmonary resuscitation in 3 Simple Steps

1. CALL

Check the victim for unresponsiveness. If there is no response, Call 999 and return to the victim. The emergency operator can assist you with CPR instructions.



2. BLOW

Place the head back and listen for breathing. If not breathing normally, pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.



3. PUMP

If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down on the central chest area 3 to 5 cm. Repeat 30 times. Pump at the rate of 100/minute (faster than once per second). **CONTINUE WITH 2 BREATHS AND 30 PUMPS UNTIL HELP ARRIVES**



annotations:

cardiopulmonary resuscitation: Herz-Lungen-Reanimation – **unresponsiveness:** Unempfänglichkeit – **pinch:** (zusammen)drücken – **pump:** pumpen – **compression:** Pressen – **gently:** sanft