

# UNINTENTIONAL INJURIES

MODULE IN HEALTH 9  
Quarter 3 – Week 8



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## WHAT I NEED KNOW

In this module, you will be dwelling on the following competencies distributed in two lessons:

### Learning Competencies:

1. Demonstrates proper techniques in carrying and transporting the victim of unintentional injuries. **H9IS-IIIg-h-42**
2. Demonstrates proper first aid procedures for common unintentional injuries. **H9IS-IIIg-h-43**

**Lesson 1:** Techniques in carrying and transporting the victim of unintentional injuries.

**Lesson 2:** Proper first aid procedures for common unintentional injuries.

## WHAT I KNOW

### Activity 1:

**Directions:** Choose from the first aid box the appropriate action on the following emergencies. Write the letter of your answer on the space provided.



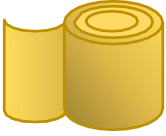
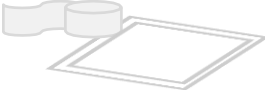







- |                     |                     |                      |        |
|---------------------|---------------------|----------------------|--------|
| A. Three-man carry  | D. blanket drag     | G. recovery position | J. CPR |
| B. 5 back blows     | E. 30 compression   | H. primary survey    |        |
| C. Secondary survey | F. Pack-strap carry | I. one-man lift      |        |

- \_\_\_\_\_ 1. Transport a victim with leg injury.
- \_\_\_\_\_ 2. Help a person experiencing severe choking.
- \_\_\_\_\_ 3. Rescue a person who drowned and lost breathing.
- \_\_\_\_\_ 4. Move a victim to a safe zone but too heavy for you to carry.
- \_\_\_\_\_ 5. You must carry the person with injured leg to a safe area but too far to travel.
- \_\_\_\_\_ 6. Give compressions to an unconscious person without pulse.
- \_\_\_\_\_ 7. The casualty has now regained consciousness and has normal breathing.
- \_\_\_\_\_ 8. You just arrived at the scene and you must help a casualty.
- \_\_\_\_\_ 9. You are done performing primary survey and you must assure safety of the casualty through head-to-toe examination.
- \_\_\_\_\_ 10. The child cannot walk because of a wound under his/her foot.

## WHAT'S NEW

### Activity 2: Trail Walk!

**Directions:** Check the possible items you will need to provide first aid while you are on your trail walk. This activity will test your resourcefulness as a first aider.

 Roller bandage <input type="checkbox"/>	 Gauze pad/ tape <input type="checkbox"/>	 Plank/ flat wood <input type="checkbox"/>
 Knife <input type="checkbox"/>	 Water <input type="checkbox"/>	 Blanket <input type="checkbox"/>
 Shoelaces <input type="checkbox"/>	 Screwdriver <input type="checkbox"/>	 Clothes <input type="checkbox"/>

## WHAT IS IT

In our previous module of unintentional injuries, we focused on how to apply dressing and bandaging properly and effectively on common unintentional injuries. This time, you will be learning how to properly perform first aid and the techniques to carry and transport casualties/victims after performing the needed actions on emergencies.



### Techniques in carrying and transporting the victim of unintentional injuries.

Transporting and carrying casualties must be very careful otherwise a further damage or injury may occur. Transporting and carrying when equipment is not available have various types and ways which suits the situation.

## A. One person carry

This method can be used for both conscious and unconscious persons. Similar methods include piggyback style, fireman carry, or pack-strap carry. Drag methods are also used especially when rescuers are alone and cannot carry the casualty to safety.



✚ **One person lift** – This type is ideally for a child or a very light person.

**Step:** Place your arms under the victim's knees and around their back.



✚ **Fireman's carry**- This is preferably for carrying victim to longer distances. This also requires a sturdy rescuer as it is difficult to put the casualty on the shoulders.

**Steps:** The rescuer's arm is wrapped across the casualty's legs and grasps the casualty's opposite arm.



✚ **Pack-strap carry** – This technique can also be applied when carrying casualty to longer distance. Moreover, it can be used when the fireman-carry is unsafe to apply due to injuries.

**Steps:**

1. Place both the casualty's arms over your shoulders.
2. Cross the casualty's arms by grasping the casualty's opposite wrist.
3. Pull the arms close to your chest.
4. Squat slightly and drive your hips into the casualty while bending a little at the waist.
5. Balance the load on your hips and support the victim with your legs.

## Drag Methods

Drags are use typically when there is no enough time to keep the casualty in safe zone especially when the victim is unconscious and when the size of the casualty prevents a safe carry.

This method highlights three types of drags which includes blanket drag, shoulder drag, and ankle drag.

❖ **blanket drag** - It can be used to transport a victim who, due to the worsening of the injury, should not be lifted or carried by one person.



**Steps:**

1. Tuck the blanket under one side of the victim.
2. Roll the casualty towards you gently and positioned him/her at the

center of blanket.

3. Fold the blanket's end near the head of the casualty and drag to safety.
4. Slightly lift the head and shoulder of the casualty so as not to bump against the floor.

- ❖ **ankle drag-** This method is the quickest way to transport a victim but in a short distance over a smooth surface.



**Steps:**

1. Firmly grasp the person's ankles and move backward in a straight line.
2. Make sure that in doing this the floor is smooth and the does not cause more pain to the casualty.

- ❖ **Shoulder drag-** The shoulder drag is another quick method of transporting casualty. This drag is ideally for short distances as it is difficult on the rescuer.



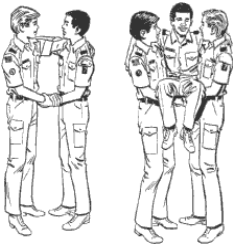
**Steps:**

1. Place victim in a seated position
2. Squat behind the victim and grasp under their arms reaching your own wrist.
3. Support the head and try to keep the pull as straight as possible.

## **B. Two-man Carry**

- **Two- handed seat**

This technique of carrying casualties needs two people and can be used to transport conscious person and not seriously injured.

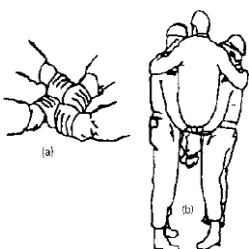


**Steps:**

1. Put one arm behind the victim's thighs and the other across the person's back.
2. Interlock your arms with the other rescuer so that it goes behind the person's legs and across their back.
3. Lift the victim sitting on the " two-handed seat" created by the rescuers.

- **Four-handed Seat**

This technique can be applied for conscious casualty. The casualty must be able stand without support and can hold himself/herself up right during the maneuver or transport. This technique provides the casualty comfortable and put minimum strain on rescuers.



**Steps:**

- a. Both rescuers position themselves behind the casualty and face each other.
- b. Each rescuer holds his/her own left wrist with his/her right hand. Hold the other rescuer's right wrist with his left hand which forms a packsaddle.
- c. Have the casualty stand or let others present in the area help the casualty to sit on the formed hand seat.
- d. The casualty must sit on the rescuers' forearms and put his/her arms around the rescuers' shoulders for balance and support.
- e. Rescuers must stand and move at the same time while transporting the victim.

#### ▪ **Chair Carry**



This method is ideally for carrying casualties up and down the stairs and narrow or bumpy areas. The chair must be strong. Swivel chairs, aluminum beach chairs, or folding chairs are not ideal for chair carry.

#### **Steps:**

1. Place the victim on a sturdy chair.
2. First rescuer must stand behind, and holds the back of the chair, and leans back on its rear legs.
3. Second rescuer faces back to the chair. Squat and hold the front legs of the chair.
4. Stand at the command of the rescuer holding the rear legs.

#### **C. Three-man carry**

This technique is ideal for carrying a casualty into a bed or stretcher for moving them into short distances.

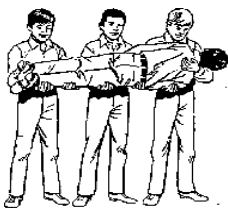


#### **Steps:**

1. Each rescuer kneels on their knees nearest to the casualty's feet.
2. On the command of the rescuer at the head, the rescuers lift the casualty up and rest the casualty on their knees.
3. If the casualty is to be placed on a stretcher, rescuers must put down the casualty at the command of the rescuer at the head,
4. IF the casualty is to be placed on a higher bed or to be carried:



- rescuers must roll the casualty towards their chest;
- the rescuers will stand at the command of the rescuer at the head;
- rescuers will start walking with the same foot while walking in a line alongside





## Demonstrates proper first aid procedures for common unintentional injuries.

It is important to know how to properly provide first for common unintentional injuries to avoid worsening of the injury and to be able to save life in emergencies. Common unintentional injuries are those we encounter mostly such as falls, car crash or motor vehicle accidents, drowning, choking, poisoning, and wounds. These injuries can be experienced inside our homes and during outdoor activities.

### **First Aid Procedures for Common Unintentional Injuries:**

#### **A. Falls**

Falls are a main public health problem worldwide. According to World Health Organization (WHO), 646,00 fatal falls occur every year which is known as the second main reason of unintentional injury death next to road traffic injuries.

#### **Steps:**

1. Approach them calmly and be alert to any hazards to you or the casualty.
2. Do not rush to move him/her. Kneel to the floor so you are the same level as him/her and immediately assess:
  - his/her responsiveness and breathing.
  - If he/she is breathing, check how he/she had fallen and cautiously put him/her in recovery position to keep his/her airway clear.
  - If he/she is not breathing, perform CPR immediately. Request a defibrillator as soon as possible if available.
3. If the person is responsive, talk to him/her and try to find out how the accident happened.
4. Examine the body of the casualty if there are other signs of injuries such as bleeding, bruising, and deformities.
5. Do not move the casualty if the height where he/she had fallen could have injured their neck or spine. Call for medical help and keep reassuring them until it arrives.
6. Check for signs of shock. If so, make the casualty lie down and raise their legs.
7. If there are no signs of other injuries, carefully help the casualty into sitting position. Observe if they are in pain, dizziness, or discomfort.
8. Carefully assist the casualty into a chair or lie in bed.
9. Check thoroughly and monitor the casualty for the next 24 hrs. If rescuer is not a family member, inform their families and/or report to the medical help of the situation.



## **B. Drowning**

Drowning might not be noticed immediately, even when other people are nearby.

CPR for drowning victims must use the traditional A-B-C approach (Airway, Breathing, Circulation) as victims might suffer from cardiac arrest.

What to do:

1. Always think of your safety first. Do not put yourself in danger when trying to save a casualty.
2. When the victim is rescued from the water, first perform primary survey. If the casualty is not responsive and not breathing, immediately ask someone to call emergency medical help while you perform cardio-pulmonary resuscitation (CPR). Ask someone to prepare defibrillator if available.
  - If no one is nearby to call for help, use your phone hands-free speaker you can begin performing CPR while calling for medical help.
  - Remember, do not leave the casualty to call for help and defibrillator. The ambulance will provide one.
3. Start mouth-to-mouth resuscitation immediately by slowly blowing 5 blows into his/her mouth for 1.5 to 2 seconds. Observe if the casualty's chest rises with each blow. Wait until the chest drops back before blowing into his/her mouth again.
4. Start doing 30 chest compressions.
  - Kneel by the casualty and put the heel of your hand in the middle of his/her chest.
  - Place your hand over the other and interlock your fingers but not touching the ribs.
  - Keep your arms straight and lean over the casualty.
  - Press down hard to 5-6cm before releasing the pressure to allow the chest to rise. Do this at a rate of 100-120 compressions per minute.
  - Continue to perform CPR until emergency help arrives.
  - Repeat mouth-to-mouth resuscitation twice then perform CPR once until the casualty regains consciousness.
5. If the casualty shows signs of consciousness such as coughing, opening eyes, speaking, and normal breathing, put him/her in recovery position.
6. Take note, casualties from drowning may suffer hypothermia. If so, cover him/her with warm clothes and blankets. If possible, change the wet clothes with dry clothes.
7. Monitor the casualty's breathing and pulse until ambulance arrives.

## **C. Choking**

**Choking happens when the airway unexpectedly gets blocked.**

### **➤ Mild Choking**

- Those who experiences mild choking usually can clear the obstruction themselves.

What to do:

1. Encourage the casualty to keep coughing to attempt clearing the blockage.
2. Ask the casualty to try to spit out the obstruction it's in his/her mouth.
3. Take note, never put your fingers in the mouth of the casualty as he/she may bite you.
4. If coughing deliberately does not work, start back blows.

➤ **Severe Choking**

When this happens, perform Heimlich maneuver with 5 back blows and 5 abdominal thrusts. People experiencing this can not speak, cry, cough, or breathe. If immediate help is not given, the person may become unconscious.

What to do:

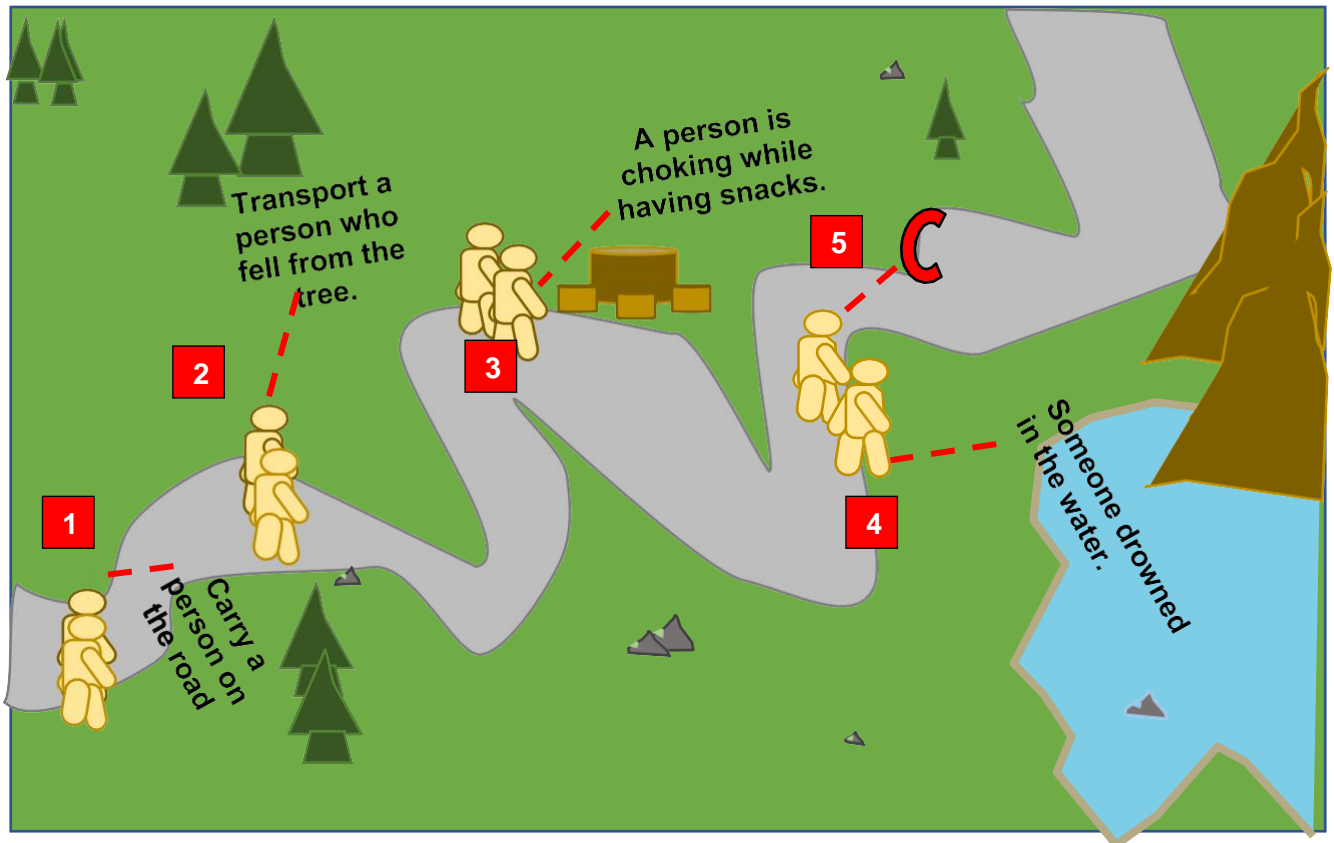
To carry out back blows on both adult and child over 1 year, do the following techniques.

1. Stand behind the person and slightly to one side. Support his/her chest with 1 hand. Lean them forward so the object blocking their airway will come out of their mouth, rather than moving further down.
2. Place your arms around his/her waist and bend him/her forward.
3. Clench 1 fist and place it right above the casualty's belly button.
4. Put the other hand over your fist and pull hard inwards and upwards. Repeat this movement 5 times.
5. IF the person's airway is still obstructed after doing back blows and abdominal thrusts, seek medical help immediately. Continue the previous movement with 5 back blows and 5 abdominal thrust until medical help arrives.
6. IF the casualty loses consciousness and lose breathing, begin cardiopulmonary resuscitation (CPR) with chest compressions.

## WHAT'S MORE

### Activity 3: To The Rescue!

**DIRECTION:** Assess the scenario on the trail. Choose below the map the best way to transport and carry the victims to properly help them. Write your answers on the space provided.




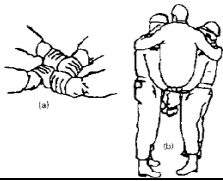





- |                   |                       |                     |
|-------------------|-----------------------|---------------------|
| ▪ Pack- Strap     | ▪ Two-man carry       | ▪ Chest compression |
| ▪ Perform ABC     | ▪ Call emergency Help | ▪ Heimlich Maneuver |
| ▪ Two-handed seat | ▪ Four-handed seat    | ▪ Shoulder Drag     |

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Activity 4. Cross Match!

**Directions:** Match the terms used in transporting and carrying casualties to their corresponding illustrations. Write the your answers on the spaces provided.

_____ 1. pack strap carry	A. 
_____ 2. blanket drag	B. 
_____ 3. chair carry	C. 
_____ 4. one-man lift	D. 
_____ 5. fireman's carry	E. 
	F. 
	G. 

## WHAT I HAVE LEARNED

**Directions:** Answer the questions briefly but substantially.

1. What is the best thing you should do during emergencies? Why?

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2. If you are to perform one of the transports and carry procedures for unintentional injuries, what would it be? Why?

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## WHAT I CAN DO

**Directions:** Choose only ONE activity below and follow the guidelines provided.

### Activity 5A.

- ✓ For those who can utilize their smart phones and have access to the internet, make a short demonstration through role play on how to transport a casualty who is unconscious and with leg injury while observing primary survey and secondary survey of first aid.
- ✓ You may involve your family members in your output but as supporting characters.
- ✓ You may use costumes appropriate to your performance task.

### Activity 5B.

- ✓ For those who have no internet access and are not able to record videos or have no or few companions to help, choose between transport and carry procedure and first aid for common unintentional injuries and make a step-by-step procedure on how to properly perform it applying the guidelines in each method.
- ✓ Do this activity through simple printed photos.
- ✓ Label and creatively organize these photos.
- ✓ You may use costumes appropriate to your performance task.

## ASSESSMENT

**Directions: Read the questions carefully and encircle the best answer.**

1. How will you transport a person who met an accident and injured his back?
  - A. I will perform blanket drag to keep him lying while transporting to clear area.
  - B. I will ask other people to help me and apply three-man carry.
  - C. I will perform shoulder drag to keep his back from further pain.
  - D. I will call for emergency help and wait for them to arrive.
2. In what way can you help a person who suffered from fall and unconscious?
  - A. Perform primary survey.
  - B. Immediately apply CPR.
  - C. Shake her shoulders and talk loudly to wake her.
  - D. Call emergency help immediately.
3. Which of the following can you apply when a person is mild choking?
  - A. Stand behind the person and perform 5 back blows and 5 thrust.
  - B. Let him cough continuously and attempt to clear blocking.
  - C. Tap his/her back and let him/her spit the obstruction.
  - D. Let him drink water to drain the blocking.
4. What will you do to help a person in severe choking?
  - A. Stand behind the person and perform 5 back blows and 5 thrust.
  - B. Let him cough continuously and attempt to clear blocking.
  - C. Tap his/her back and let him/her spit the obstruction.
  - D. Let him drink water to drain the blocking.
5. On the different techniques to transport a victim, what will you do to carry an injured person who is at the second floor of the house?
  - A. I will use pack-strap carry.
  - B. I will ask someone to help me do chair carry.
  - C. I will ask someone to perform two-handed seat.
  - D. I will apply blanket drag and one-man lift.
6. Which of the following should not be done when transporting a victim?
  - A. When lifting a casualty wait for the command of the person at the head.
  - B. If the casualty is conscious, continuously perform CPR.
  - C. If the person has injured spine, do not move the victim, and wait for the ambulance to arrive.
  - D. When carrying a child, you may use one-man lift.
7. Is it right to carry a person heavier than you?
  - A. Yes, especially if it is really needed.
  - B. Yes. I will rest if I am tired.
  - C. No. It might cause further damage to the casualty.
  - D. No. I might be hurt if I will carry the victim.

8. Which of the following unintentional injuries will you apply Heimlich maneuver?  
A. drowning      B. mild choking      C. severe choking      D. fall
9. How many compressions will you give to drown victim?  
A. 50      B. 60      C. 30      D. 40
10. How many back blows and thrust will you give to choking casualty?  
A. 5 and 6      B. both 5      C. 7 and 8      D. 3 and 4
11. According to WHO, what is the second main reason of the great number of unintentional injuries every year?  
A. vehicular accident      B. drown      C. gunshots      D. fall
12. Which of the following will you do when performing three-man carry?  
A. Grab your wrist and the other wrist of the second rescuer and help the victim sit.  
B. Roll the victim against your chests.  
C. Interlock your arms with the other rescuer so that it goes behind the person's legs and across their back.  
D. Second rescuer faces back to the chair. Squat and hold the front legs of the chair.
13. Which of the following transport and carry technique requires a sturdy body and preferably for carrying victim to longer distances?  
A. One-person carry      C. Fireman's carry  
B. Pack-strap carry      D. two-handed seat
14. Which among the drag methods is the quickest way to transport a victim but in a short distance over a smooth surface?  
A. blanket drag      C. ankle drag  
B. shoulder drag      D. chair drag
15. What carrying technique can be used when fireman's carry is not suitable for the victim due to injury?  
A. One-person carry      C. Fireman's carry  
B. Pack-strap carry      D. two-handed seat

## ANSWER KEY

### What I know

1. A
2. B
3. J
4. D
5. F
6. E
7. G
8. H
9. C
10. I

### What's New

 Plank/flat wood

 Blanket

 Clothes

 Shoelaces

 Knife

 Gauze pad/tape

 Water

 Roller bandage

These can be used to make slings, stretcher and splint.

These can be used to clean dress the wounds.

### What's More

#### Activity 3

1. Four-handed seat
2. Shoulder drag
3. Heimlich maneuver
4. Perform ABC
5. Call for emergency help

#### Activity 4

1. G
2. A
3. C
4. B
5. E

### Assessment

1. D
2. A
3. B
4. A
5. B
6. B
7. C
8. C
9. C
10. B
11. D
12. B
13. C
14. C
15. B



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