

Unit 3 A&E

Read these pieces of advice from two health experts.

Preventing injuries

"I'm John Quickfoot and I have practised several long-distance activities since I was young. I am going to give you some advice related to your feet in order to avoid blisters.

First of all, I recommend you have "blister prevention" as a strategy, to avoid future problems. This means a few recommendations you have to consider before starting the physical activity until you finish it.

Once you start thinking about a long-distance challenge, you have to buy appropriate footwear with the correct size, cushioning and perspiring properties. Your toes shouldn't feel cramped while you walk or run, and you also have to prepare the skin of your feet with moisturising care products. It is also important to wear elastane socks to avoid sprains.

From the start of the activity, until you finish the exercise, you will have to keep your feet dry. Whenever you feel them wet, immediately change your socks and rub more moisturising cream or drying powders onto the skin (depending on your preferences) in order to avoid the feeling of heat that precedes the blister."

1. What kind of activities does John practise?
2. What physical problems does he mention?
3. What recommendation does he make about trainers/boots?
4. What should you do if you step on a puddle and water gets into your trainer?

Providing first aid

"Good morning, my name is Helen Heartsaver and I am a doctor in the Emergency Department (E.D.) of Ottawa Hospital in Canada.

If you talk about first aid, you can include all the initial assistance at the accident scene to attend a person who has suffered an injury.

When you apply good quality first-aid techniques, you can get different benefits such as preventing long term physical damage, saving lives, providing initial support and avoiding collateral incidents at the place of the accident.

The person who is providing first-aid techniques is also expected to have knowledge about how to take command of the situation and organise other people involved. Basically, the aim of this person is to manage the circumstances until the more qualified members of the emergency services get to the scene.

So, if you help someone in an emergency situation, you will have to secure the scene of the accident, treat the injuries (if you are trained to do so) and coordinate the communication with the emergency services."

1. What are the three positive aspects of good aid strategies?
2. What is the objective of the person providing first aid?
3. Can you assist in an emergency before first responders arrive?