

# THE JOURNALIST SURVIVAL GUIDE

AN ANIMATED VIDEO GUIDE



## Lesson 11

### What are the most important first-aid practices to know?

#### Part 2

First-aid is to deliver immediate assistance, of any form, to a sick or injured person, pending the arrival of a professional. The actions for all types of first-aid situations are as follows:

Secure the accident scene and the involved people: protect

The rescue must ensure the safety of the victim or any other person present on the scene until professional help arrives. He/she must remove in any manner possible, any dangers or threats.

This action is a pre-requisite for the continuation of first-aid. However the rescuer cannot carry it out unless he/she can ensure his/her personal security during this action.

Examine the victim to assess his condition. The rescuer should:

Present himself and explain to the victim what he will be doing. This will reassure the victim and get the victim's authorization to help.

Check first if the victim is conscious and breathing normally.

Ask the victim and/or any witnesses what happened to him and what he is feeling

Ask for help: alert professional services using the national emergency number of the country or through any other means possible. They should know at a minimum the nature of the emergency, the detailed location of the victim, the means to contact you, and number of victims. In case the medical dispatchers are able to provide telephone instructions, follow those instructions to the letter.

Provide first-aid as described below for the 4 most life-threatening situations

Note: in order to be able to provide effective first-aid it is recommended for everyone to attend a Red Cross or other first-aid courses.

Situation	Signs	Key actions (after protecting assessing and alerting)
The victim is choking: This is most often caused for adults by food that blocks the passage of air	1st case: The victim cannot talk, cannot shout, cannot cough and cannot make a noise Keeps his/her mouth open Put his hands on his neck	Keep victim in the initial position (standing or seated) Position yourself on the side and behind the victim Hold the chest with one hand Tilt the victim forward Give 1 to 5 vigorous claps on the back between the two shoulder blades with the heel of the open hand If the victim still cannot breathe, talk or cough: Stay behind the victim and keep the victim in the same forward position Put your fist on the victim's abdomen above the navel and below the rib cage Place the second hand on your fist Pull strongly back and up 1 to 5 times Repeat the back slaps and the abdomen thrusts until the victim can speak, cough or breathe or until he/she becomes unconscious In case of pregnant or obese victim, press back on the chest instead of pressing back and up on the abdomen

	2nd case: The victim speaks or shouts Coughs vigorously Breathes, sometimes noisily	Do not perform the back slaps or abdomen/chest thrusts Urge the victim to cough to reject the foreign body Seek medical advice Monitor the victim and be ready to provide back slaps and abdomen/chest thrusts if the victim cannot speak, cough or breathe anymore
The victim is suffering from a visible abundant bleeding	Blood soaks linen or paper handkerchief in a few seconds and does not stop spontaneously. Bleeding due to a scratch, scrape or abrasion of the skin is not considered life-threatening	Uncover the bleeding wound, if necessary by removing or cutting away clothes Immediately and strongly compress the bleeding area Put the victim in a horizontal position Do not release the pressure unless there is no one else to alert emergency services, the victim is not able to apply pressure herself or a compressive bandage or any other way to maintain the pressure is not available. In that case, release to alert EMS then re-apply pressure immediately. Comfort the victim until help arrives Protect the victim from cold or heat Monitor the victim for signs of deterioration such as abundant sweating, cold sensation or intense pallor
The victim is unconscious and breathing normally	The victim does not speak, does not react, and does not move even after verbal and physical stimulation. The victim is clearly breathing normally.	Try to wake the victim up by talking to her, asking her to respond, open her eyes, or squeeze your hand. If she does not respond, tap on her shoulder. If the victim does not move or respond, immediately call for help or send someone to call for help if possible Place the victim down on her back if not already in that position Tilt the head of the victim back to ensure opening of the airways Lean over the victim with your head close to the victim's head and check for respiration while keeping the victim's head tilted back: Feel the victim's exhaled air on your cheek Listen to the sounds of respiration Look at the chest and abdomen of the victim to see if it rises The victim that does not respond or move but is breathing normally is an unconscious victim: Turn the victim on her side in the recovery position to prevent the victim from swallowing any liquids that may come out of her mouth: Limit movements of the spine as much as possible while turning the victim There should be no pressure on the chest Should be as lateral as possible Should allow the flow of liquids to the outside: open the mouth Should allow monitoring the respiration of the victim Protect the victim from cold or heat Monitor the victim to make sure she is till breathing
The victim is unconscious and not breathing (assuming an automatic external defibrillator is NOT available)	Victim does not speak or move and, Victim cannot breathe normally (very slow or very noisy respirations)	Identify unconsciousness (as above) Alert emergency services Check for breathing (as above) Place victim on her back Push hard and fast with the heels of your hands on the center of the victim's chest 30 times: Compress the sternum from 5 to 6 cm Push down on the chest at a rate of more than 100 compressions per minute Allow the chest to recoil fully in between compressions Provide two rescue breaths after every 30 compressions: Close the nose of the victim Make sure the head of the victim is tilted back Take a deep breath Place your mouth over the victim's mouth Blow slowly inside the victim's mouth until her chest rises Repeat once The two rescue breaths should take less than 5 seconds Continue providing 30 compressions and 2 breaths until help arrives If you cannot or do not want to perform rescue breaths, perform chest compressions without interruption

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Executive producer: **Maroun Sfeir**

Storyboard creation and animation: **kook creative studio**

Video Consultant: **Andrew Codd**

Translation: **Nour El-Assaad**

Voice over - Arabic: **Rima Khaddaj**

Voice over - English: **Andrew Codd**

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