

## WHAT IS FIRST AID

- It is an immediate and temporary treatment of a victim of sudden illness or injury while awaiting the arrival of professional medical aid.
- Proper early measures may be instrumental in saving life and ensuring a better and more rapid recovery.

## PRINCIPLES OF FIRST AID

- Preserve life.
- Prevent condition worsening.
- Promote recovery.
- Protect the unconscious.

## PRINCIPLES OF FIRST AID

- **A – AIR**
- **B – BREATHING**
- **C – CIRCULATION**
- **D – DIE**

## RESPIRATION

- A process of inhalation, pause, and exhalation.
- Breathe in oxygen, breath out carbon dioxide.
- Total amount of oxygen for breathing is 21% and we only use 5% for each breath.

## AVERAGE BREATHING RATE

- **INFANT – 30/40**
- **CHILD – 20-30**
- **ADULT – 12-20**

## COMMON PROBLEMS IN RESPIRATION SYSTEM

- **CHOKING**
- **ASTHMA**
- **HYPOXIA**
- **NEBULIZER**

# First Aid In Composition

**M Woodhall**



**First Aid In Composition:**

## Enjoying the Track of Term: An Mental Symphony within **First Aid In Composition**

In a global used by displays and the ceaseless chatter of fast connection, the melodic beauty and emotional symphony created by the prepared term frequently disappear in to the backdrop, eclipsed by the relentless noise and distractions that permeate our lives. But, set within the pages of **First Aid In Composition** a wonderful fictional prize full of raw feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this charming masterpiece conducts visitors on an emotional journey, skillfully unraveling the hidden songs and profound impact resonating within each cautiously constructed phrase. Within the depths of this emotional analysis, we can discover the book is central harmonies, analyze their enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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