

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

J Elliott



First Aid In Composition:

Decoding **First Aid In Composition**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**First Aid In Composition**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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