

Talk Time Topic: CPR and First Aid

Let's get started...

Have you ever (or has someone in your family ever) broken a bone? What bone was it? Talk with others in your Talk Time group to see how many different bones have been broken by members of your group or by their families.

Background:

Washington is one of the states that has a "Good Samaritan law."

That is a law that says: If there is an emergency, a person *who is able to give aid* must do so to the best of that person's level of knowledge and skill. The person must continue until other help has come, or until he is too tired to continue.

(Other states with Good Samaritan laws: California, Colorado, Connecticut, Florida, Georgia, Kansas, Kentucky, Maryland, Missouri, North Dakota, Oregon, Pennsylvania, Tennessee, Utah, and Virginia)

Calling for help in an emergency:

- Try to remain calm
- Call 9-1-1
- Briefly state the problem
(Say the type of emergency: Medical Police or Fire)
- Give your full name and address
- Remain on the telephone to answer questions or get instructions
- It is okay to say, "I don't speak English." or "Please say it again."

Try role-playing an emergency telephone call in pairs or with your teacher.



In pairs for 5 minutes, ask and answer these questions:

Tell about a time when you had an emergency or saw an emergency. Were you a child or an adult? What happened? What did you do?

Share your partner's answers with the group.

Discussion Questions:

Is there an emergency phone number to call in your home country? If so, what is it?

Do you think the "Good Samaritan law" is a good idea or a bad idea?

Is there a law similar to the "Good Samaritan law" in your home country?

If there is an accident or a health emergency in your home country, who helps?

If an ambulance comes, who pays for it?

In the U.S. many jobs require people to learn CPR and/or First Aid every few years. Have you taken a class in CPR or First Aid?

Tell what you know about CPR.

When should you give CPR?

What should you do **before** you start CPR?

Here are the “A, B, C’s” of basic CPR:

Airway: if the person is unconscious - clear obstructed airways

Breathing: if the person is not breathing - perform mouth-to-mouth breathing

Circulation: If the person has no pulse - start chest compressions

In your home country what do people do to help with the following problems?

- Someone cuts himself
- Someone bumps his head
- Someone faints
- Someone chokes
- Someone stops breathing
- Someone breaks a bone

Many people in the U.S. have a First Aid Kit in their home and in their car, to help when there is a medical emergency. Is it common to have a first aid kit in your home country?

Brainstorm with others in your group to list things that are good to have in a first aid kit:

Now most first aid kits also contain latex gloves. People know that it is very important to stay clean and to try not to touch blood without gloves.

What do you think is the most important thing to remember in an emergency?

New words and Idioms:

CPR (Cardio-pulmonary Resuscitation), First aid, to come to the rescue, in the nick of time, just in time, have a heart, Good Samaritan, to the best of one’s ability (knowledge, skill, etc.) ambulance, unconscious, breathe (breathing,) pulse, obstructed, compression, latex gloves