



Grade 08

Health and Physical
Education

Unit 18 - Let us learn first aid for
accidents face in daily life.

Part I

Underline the most suitable answer.

- (1) A quality that shouldn't be possessed by a person who gives first aid,
i) Impatience ii) Being observant
iii) Skills and knowledge about first aid iv) Making correct decisions.
- (2) An objective of giving first aid is,
i) As the first help ii) Giving medical help
iii) Aiding in the helping process iv) Giving medical treatments
- (3) After giving first aid, to a patient if he breathes, move him in to the recovery position. This recovery position means,
i) Right – lateral ii) Place the head between the legs
iii) Left – lateral iv) Lie down on the floor
- (4) When performing chest compression,
i) Compress to a depth of 3 – 5 cm around 100 times per minute.
ii) Compress to a depth of 3 – 5 cm around 100 times per minute.
iii) Give 30 compressions.
iv) Perform this in the ratio 32.2 until the patient responds.
- (5) Which is an important point to consider when providing first aid to a fainted person?
i) Give something to drink.
ii) Clam the patient and give heart massage.
iii) Give him paracetamol and artificial respiration.
iv) Make the patient to lie down and raise the legs above the head.

Part II

Answer all questions

01. Define the term first aid.

02. State the goals of giving first aid.

03. Briefly explain the way of giving artificial respiration to a person whose breathing is not occur.

04. Explain briefly the first aid given for a person with burns.

05. Name the steps denoted by the method of ABCDE in first aid.

06. State 5 qualities of a person who provides first aid.

07. The following picture shows an instance where first aid is given.



Briefly explain about the above pictures.