

LESSON

1

# Introduction/ Disaster Situations

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## Objectives

- Get to know each other
- Familiarize yourself with emergency situations and phrases

## Icebreaking!

### 1. Pair up and learn about each other

Pair up and ask your partner:

Name

Where she/he is from

Two of the following questions:

- What's your favorite ice cream flavor?
- What do you like to do on a rainy day?
- Do you believe in ghosts?
- When you were a kid, what did you want to be when you grew up?
- What's your favorite breakfast food?
- If you could have a super power, would you be invisible, read minds, or fly?

### 2. Introduce YOUR PARTNER to the rest of the class based on the answers.

## Natural/artificial disaster brainstorming

Understand natural disasters by brainstorming on related elements

- Types of disasters
- People/actions/facilities

Types of disasters

People involved

Actions involved

Places/facilities involved

Early

Mid-term

Long-term

## Useful expressions

- It's gonna be okay
- Don't worry
- Does anyone have...?
  - a mobile phone
  - a clean cloth
- Does anyone know...?
  - CPR
  - the phone number for the hospital
- Can you help me?
- Please help...
- Are you hurt?
- There's been...
  - an accident
  - an explosion
- Do you know...?
  - where you are
  - the name of your hotel
- I've lost...
  - my passport
  - my grandson
- There's a...
  - tsunami coming
  - Fire
- I'm stuck.
- Where is...?
  - the evacuation area
  - the bathroom
- Stay calm
- Can you...?
  - walk
  - sit up
- I'm here
- Look out
- Hurry up
- We need...
  - a doctor
  - a stretcher
- Call...
  - an ambulance
  - the fire department

## Keywords for the CPR/ambulance training

In preparation for the CPR/ambulance training in the next class, learn the following keywords:

CPR (cardiopulmonary resuscitation)  
AED (automated external defibrillator)  
Airway  
Chest compression  
Rescue breaths  
Paramedics

LESSON

2

# CPR/AED/Ambulance

Lesson 2 will be dedicated to CPR/AED and ambulance communication by inviting fire station rescue staff. Read the following steps well, look up words and remember them to prepare for the training.

## CPR/AED Steps

The following steps are based on the American Red Cross instructions. Read well, look up words and remember them to prepare for the training in the next class.

### Before Giving CPR

1. Make sure the scene is safe. Tap the person on the shoulder and shout “Are you OK?”
2. Ask a bystander to call 119 and send someone to get an AED.
3. Open their airway (tilt their head back slightly to lift their chin).
4. Check for breathing. If they are not breathing, begin CPR.

### Giving CPR

1. Place your hands, on top of each other in the middle of the recipient’s chest. Use your body weight to perform chest compressions at a rate of 100 compressions per minute.
2. Deliver rescue breaths. Pinch their nose closed and cover the person’s mouth with your mouth to create a seal. Blow into the person’s mouth to make their chest rise.
3. Continue cycles of 2 breaths and 30 compressions.

### Using an AED

1. Keep performing cycles of chest compressions and rescue breaths until the person shows signs of life (like breathing), or an AED or professional help arrives.
2. Turn on the AED.
3. Wipe the chest dry and attach the pads to their bare chest.
4. Make sure no one, including you, is touching the person.
5. Tell everyone to “Stand Clear!”
6. Push the analyze button if necessary, let the AED analyze the heart rhythm.
7. If AED advises you to shock the person, repeat 4 and 5.
8. Push the “shock” button.