

## LESSON

# 2

# CPR/AED/Ambulance

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### Objective

1. Learn how to perform first aid in English.
2. Learn how to assist paramedics arriving on an ambulance.

### Introduction

#### About the guests

Situations and points (can you follow the steps properly while addressing them in English?)

### CPR/AED Steps

The following steps are based on the American Red Cross instructions.

#### 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 (mouth-to-mouth resuscitation). 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.

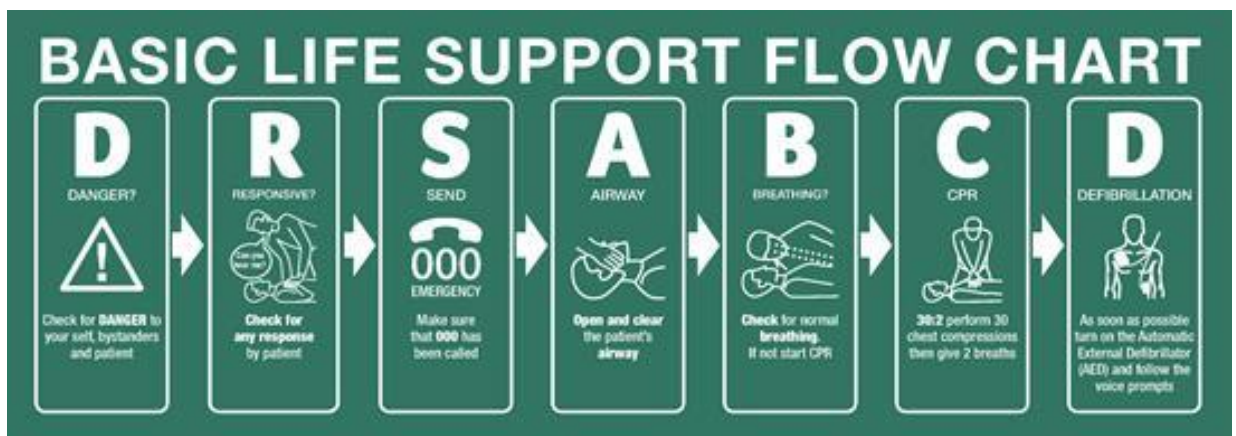
## Expressions

### Before giving CPR

- Tap and shout: “Are you OK?”
- Yell for help: “Help!”
- Tell a specific bystander: “Call 119!” / “Get an AED.”

### Using an AED

- Stand clear / Clear!



## First aid training!

### Scenario:

You are in an international parade during the Sansa Festival. One of the foreign participants suddenly collapses and stops breathing in the middle of the street. You can perform CPR. There are other foreign residents of Morioka participating in the parade, but they might not know Japanese.

## Assisting paramedics arriving on an ambulance

There are times when the patient is conscious and doesn't require CPR but is having a medical emergency (e.g. serious injury, heat stroke, etc.).

You might want to call an ambulance.

Before calling an ambulance, find out:

- Symptoms (where it hurts, since when, actions involved)
- If the person can sit up, move, walk, etc.
- If the person needs an ambulance (make sure the person knows that ambulances are free in Japan)

After calling an ambulance:

- Remove anxiety, stress,
- Make the person calm down

When paramedics arrive, they will want to know:

- The name of the person (spell it out correctly or refer to an ID)
- Date of birth, contacts, nationality
- If the person is a resident of Japan or a visitor.
- If the person is a resident, their address and contact info
- If the person is seeing a doctor for any condition
- Current medication

Note: A lack of knowledge about Japanese ambulances as well as medical expenses can be a cause of refusal to be taken to a hospital. What would you do if you were in a situation like this?



## Role play

Split into three groups with one paramedic and one foreign staff member in each group.

Try out two of the following three cases:

### Case 1 – A child is in anaphylactic shock from a food allergy

At an evacuation center, a man is holding his little daughter. She seems to have reacted to what she ate for lunch. She turned red and is having a hard time breathing.

They live here and have insurance. She sometimes takes an anti-histamine but has no epi-pen as she weighs under 15kg. She goes to Morioka Kodomo Hospital regularly.

### Case 2 – Heat stroke

A man was volunteering at one of the houses that was damaged by the recent flood.

It was a record-breaking hot day and the man was working without a break. Then he suddenly fainted and could not even sit up.

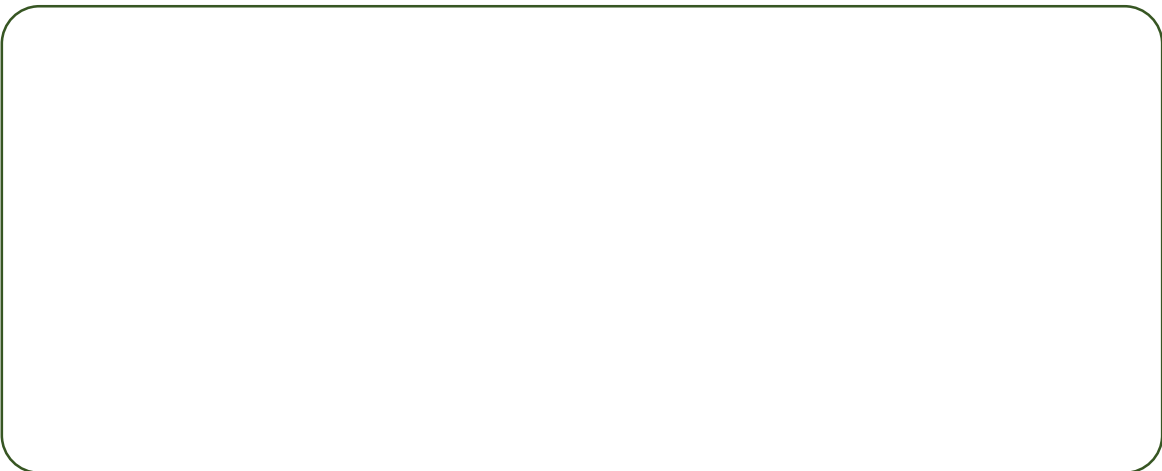
He is an aid worker visiting from Spain and has travel insurance.

He is normally a strong healthy person and hasn't seen a doctor for years. He's not on medication either.

### Case 3 – Traffic accident

You witnessed a car accident in front of the Iwate Prefectural Government building. A woman is lying on the street.

She's not bleeding but cannot move or sit up. She lives and works in Morioka. All of her official documents and contact information are in her bag.



# Disaster announcements

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Lesson 3 will be dedicated to improving translation or written communication skills to convey important disaster announcements to English speakers.

Translate the two examples into English so that non-Japanese speakers will understand.

1. 災害ダイヤル171で安否確認ができます。
2. 雫石全域に土砂災害に関する避難勧告を発令しました。土砂災害の危険性が高まっています。速やかに避難を始めてください。避難場所への避難が困難な場合は、近くの安全な場所に避難するか、屋内の高いところに避難してください。