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# EMPOWER

Empowering Persons with Disabilities  
Through Effective Disaster Management



## VODCAST 3

### Basic First Aid (I). General

#### Summary

In this vodcast, nurse and teacher Emanuela teaches us basic but effective first aid tips. Step by step!



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## EMPOWER PROJECT

Empowering people with disabilities through effective disaster management

The project partners are:

The Governorship of Istanbul (from Türkiye)

Institute for Vocational Education and Guidance (from Greece)

Institute for Promotion of Development and Training (from Spain)

Istanbul Provincial Directorate of Family and Social Services (from Türkiye)

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Podcast: Basic First Aid

My name is Emanuela Cattaneo. I am a nurse working at the Maugeri Scientific Clinical Institutes in Pavia,

in the cardiology department.

I teach vital parameters and I work as a tutor in the degree course in nursing at the University of Pavia.

Now we will see some practical demonstrations on how to practice first aid.

By “first aid” we mean the set of maneuvers that are implemented to ensure the safety of the person awaiting the arrival of the further help.



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First you need to assess the person's state of consciousness.

Use the "call and shake" maneuver:

get as close to the person as possible

call them out loud and gently shake them by the shoulders.

If the person is unconscious and unresponsive, you must evaluate

if there is blood circulation and if they are breathing

check if their chest lifts, listen for breathing with one ear, touch the person's neck to check for a pulse

Also check that there are no obstructions of the upper airways

To do this, open the person's mouth and visually inspect the oral cavity

if the person is unconscious but they are breathing autonomously

and their blood is circulating, put them in the safety position

move next to them, place their arm next to you, at 90 degrees

take their other arm and place the person's hand between their cheek and their shoulder

grab the person's leg on the opposite side of you and bend their knee

place them on their side by gently rotating their body towards you,

keeping the axis of the column aligned.

For more information, you can visit the website [www.empowerpwd.eu](http://www.empowerpwd.eu)