





















► FIRST AID BASICS

- 6 *Between Life and Death*
- 7 What would you do if ...?
- 8 First aider duties
- 9 Accident prevention
- 10 The chain of survival behaviours
- 11 Safety/danger zones
- 12 Calling emergency services
- 13 Basic measures
- 14 Positioning
- 15 Getting a blanket
- 16 Emergency check
- 17 Rolling over
- 18  First aid basics
- 19 *Fall Foliage*
- 20 Traffic accidents: motorbikes
- 21 Pulling away
- 22 Helmet removal
- 23  Crash helmets
- 24 *"We're a Team!"*
- 25 Traffic accidents: automobiles
- 26 The Rautek grip
- 27  Securing the scene
- 28  Traffic accidents

► UNRESPONSIVE EMERGENCY PATIENTS

- 29 *"Are You Two Together?"*
- 30 Unconsciousness
- 31 Recovery position
- 32  Unconsciousness
- 33 *The Talking Box*
- 34 Cardiac arrest
- 35 Chest compression
- 36 Rescue breaths
- 37 Defibrillation
- 38  Reanimation
- 39  Unresponsive emergency patients

► ACUTE EMERGENCIES

- 40 *"Let Me Go!"*
- 41 Heart attacks
- 42  First aid for heart attacks
- 43 *"Smile for Me!"*
- 44 Strokes
- 45  First aid for strokes
- 46 *Brain Storm*
- 47 Seizures
- 48  First aid for seizures
- 49 *Sweets for Sophie*
- 50 Low blood sugar
- 51  First aid for low blood sugar
- 52 *Thin Air with Mrs. Norris*
- 53 Asthma attacks
- 54  First aid for asthma
- 55 *Voices from Afar*
- 56  Fainting
- 57 *Sunny Days*
- 58  Sunstroke
- 59 *Lunch with Dr. Heimlich*
- 60 Choking
- 61 *Edin and the Other Girl*
- 62 Intoxication
- 63  Poisoning
- 64  Alcohol poisoning
- 65 *Party Time*
- 66 Allergic reactions
- 66  Allergies
- 67 *That's Blood ...*
- 68  Heavy bleeding – manual pressure
- 70 Heavy bleeding – compression bandage
- 71  Heavy bleeding
- 72  Acute emergencies

► **WOUNDS**

- 73 First aid kit
- 74 Plasters
- 75 *Setting the Stage for Jane*
- 76 Triangular cloth head bandages
- 77 *Extra Spicy Goulash*
- 78 Cuts on the hand
- 79 *The Little Sister*
- 80 Triangular cloth knee bandages
- 81 *Hot Dogs*
- 82 Burns
- 83 ⓘ Burns
- 84 *Nice and Clean!*
- 85 Chemical burns
- 86 ⓘ First aid for chemical burns
- 87 Nosebleeds
- 88 Foreign objects in the wound
- 89 Animal bites
- 90 ⓘ Wounds
- 91 ✎ Wounds

► **BONE AND JOINT INJURIES**










- 92 *Up in the Air*
- 93 Arm injuries
- 94 Arm slings
- 95 *Taking a Shot*
- 96 Leg injuries
- 97 Sprains
- 98 Bone and joint injuries
- 99 ✎ Bone and joint injuries
- 100 *Where is Jane?*

► **APPENDIX**

- 101 Solutions
- 102 The Austrian Youth Red Cross
- 104 The Austrian Red Cross
- 105 Babyfit & Pflegefit
- 106 Keyword Index



SYMBOL KEY

	MEASURES	Instructions for first aid measures
	LEARNING OBJECTIVES	What you will learn in this chapter
	IDENTIFY	Symptoms for specific emergencies
	COURSE OF ACTION	Giving first aid, step by step
	NOTE	Tips and advice
	INFORMATION	In-depth knowledge and background information
	ASSIGNMENT	Put theory into practice
	WORKSHEET	Review each chapter's contents in a playful manner
	LINK	Further information