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Fill in the blanks using the words in the boxes below.

small	amputations	layers
minor	blood	tissue
life-threatening	injury	graze
uncontrollable		

حجرات

Open soft tissue injuries are any injury where blood is released through broken layers of skin. Open

injuries can vary from minor injuries, such as a small graze to the skin or a papercut, to severe Life-threatening <sup>bad big problem</sup> injuries involving uncontrollable <sub>can't stop</sub> bleeding and amputation <sub>the worst type</sub>.

**Discussion: Common causes of amputation**

Discuss as a group as many different causes of accidental amputation as you can think of. What do you think is the most common accident/ incident that results in amputation?

- Accident with knife at home
- fingers caught in the door
- Violence / bomb / explosin



① dangers + ... died

### Identify the wound

What type of cut do you see in the pictures below? Write capillary, artery or vein below the picture.



Blood vessel injured

Capillaries

Veins

Arteries

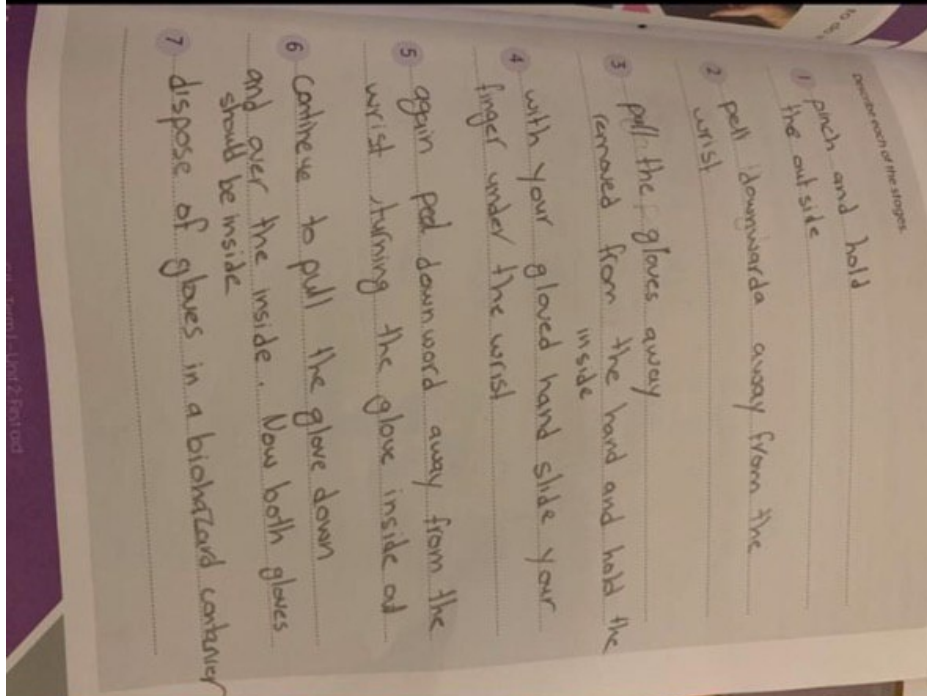
Reason for answer

this the slowest

- This slow blood  
- red color

- This fast blood  
dark red color  
- spurting blood





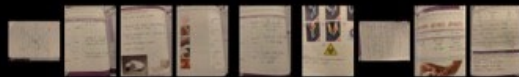
4 5 6 7

Question:  
Why is it important to remove the gloves in the correct way?  
don't touch bacteria



... you are not sure of one of the words...  
... useful to know the meaning of these words. They will help you throughout this lesson...

Keyword	Form	Description
arteries	plural noun	type of blood vessel that takes blood away from the heart
hormones	plural noun	chemical messengers in the body
spurting	verb	move out / gush in sudden bursts



Draw a line to match the injury to the correct category of soft tissue injury.



Laceration  
5

Avulsion  
4

Abrasion  
3

Amputation  
1

Puncture  
2

Explain in  
in the box

Notes



**Discussion: Bandage or dressing?**

Discuss the differences between a dressing and a bandage and the uses of each. Make notes in the following space.

Dressing: such as gaze plaster

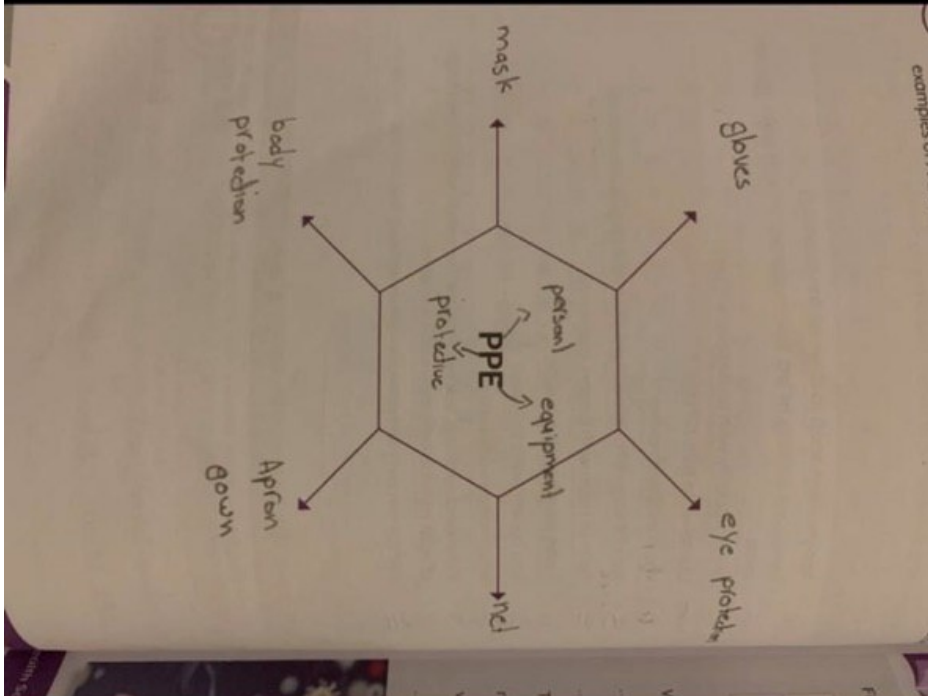
Uses: put on the wound / stop bleeding  
- cut / keep it clean

Bandage: is wrapped over and around the dressing

Uses: keep the dressing in place  
- applies pressure







## 2.5 Arterial, venous and capillary bleeding



### Discussion: Types of bleeding

In your own words, describe the difference between the three types of bleeding. Make some notes below.

Arterial:

**very serious** injury  
blood will not clot, the person will lose consciousness and could be **dead** within 1 min

Venous:

**Serious** injury  
person may need to get the wound **stitched**  
Can result in death in rare situations

Capillary:

**less serious** injury  
Cut will **clot** and stop bleeding by itself



Video: What are blood vessels?

Watch the video and answer the question below.  
Name the three types of blood vessels.

1. Arteries
2. Veins
3. capillaries

Match the definition

Match the statement on the left with the correct definition on the right.

arteries <i>oxygen is the blood</i> <i>more red</i>	→	a network to take blood through the organs and tissues
veins <i>no oxygen</i>	→	carry blood away from the heart
capillaries <i>tiny</i>	→	return blood to the heart back



- 6 versa.
- 9 Dry thoroughly with a single-use towel.
- 10 Use towel to turn off tap
- 0 Wet hands with water.
- 5 Back of fingers to opposing palms with fingers interlocked.
- 4 Palm to palm with fingers interlaced.
- 11 ...and your hands are safe.
- 2 Rub hands palm to palm.
- 8 Rinse hands with water.
- 7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.
- 3 Right palm over left dorsum with interlaced fingers and vice versa.

### Discussion: Personal hygiene

Think about how many times a day you wash your hands. Do you do it at certain times or before certain activities? Why do you clean your hands at these times? Make some notes below and discuss with your class.

- When I finish eating and more than 6 times  
- Yes before certain activities and after




**Learning 9** **Fill in the blanks**

Fill in the blanks using the words in the boxes below.

<del>keep you</del> <del>save</del> protective skin	<del>disease</del> <del>gloves</del>	<del>wash</del> contamination ↓ impure
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When helping at the scene of an accident, I should always use my protective clothing. Using protective clothing, such as gloves, can protect me from contracting a disease.

The patient will also be protected from contamination. After I correctly remove my gloves, I should immediately wash my hands. This will remove any blood or bodily fluids that may have made contact with my skin.




### 3 Attending the scene of an emergency

Correct order

f e b g c e a d

Step	Description
a	While keeping the casualties hand pressed against their cheek. Hold the raised knee and roll them towards you.
b	Remove any glasses or bulky items from their pockets.
c	Move the other arm across their chest and place the back of their hand on their cheek.
d	Once fully over, re-adjust the head position if needed and place the top leg at a 90° angle.
e	Lift the far knee up until the foot is flat on the floor.




**Activity 9** **Fill in the blanks**

Fill in the blanks using the words in the boxes below.

protective	disease	wash
skin	gloves	contamination

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Health Sciences G11 - Term 1 - Unit 2: First aid



part of the digestive system that is being described in each statement.

chewed into smaller pieces and mixed with saliva here. Mouth

is bile. Also removes toxins from the blood. Liver

stored here until it is needed. Gallbladder

ular organ that secretes gastric juice and mixes food around. Stomach

es some of the enzymes which are important for digestion. Pancreas

ed food is absorbed into the bloodstream here. Small intestine

ested food goes here. Large intestine

dist section of the large intestine. Rectum → fold

ing and narrow muscular tube that relaxes and contracts, moving swallowed  
into the stomach. oesophagus

<u>liver</u>	large intestine	oesophagus
stomach	rectum	small intestine
<u>mouth</u>	gallbladder	pancreas

