

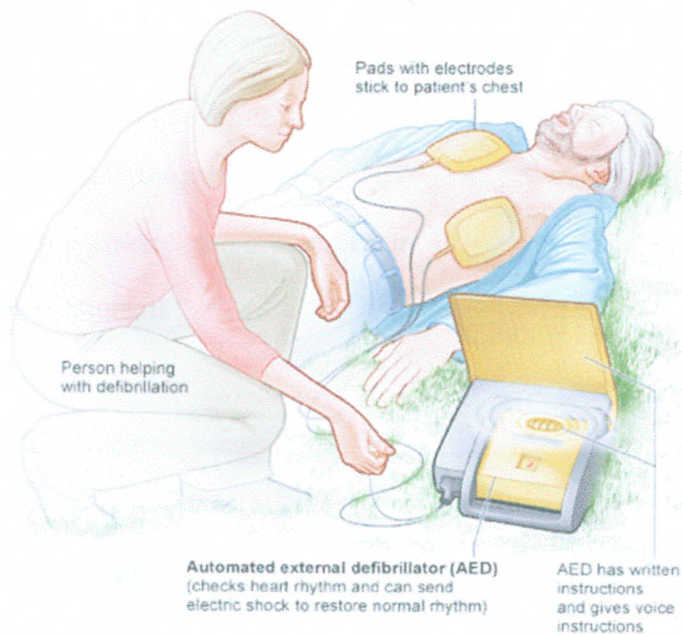
Crosscurricular lesson (physical education – Sciences – English – Dutch)

- 1. Video-> understand,speak 2. Useful vocabulary 3. CPR in 3 steps-> read 4. Roleplay**

80% of Sudden Cardiac Arrest (SCA) happens outside the medical environment and many of those happen in the home. The PDU 400 is easy-to-use with clear audio and intuitive visual prompts to guide the user step-by-step through the rescue process. It comes complete with integrated electrodes and battery with a 5-year warranty.

The PDU 400 provides what you need in one unit to save the life of a friend or family member.

PAD
PUBLIC ACCESS DEFIBRILLATOR



A defibrillator

A sudden cardiac arrest

To deliver urgent care

To save a life

To deliver CPR = [Cardio-pulmonary resuscitation](#) Réanimation cardio-pulmonaire

Rescuers

The emergency unit

A physician

To check the heartbeat

100 beats per minute

To apply the pads on the chest

To send an electric shock

To restart the heart

The pulse

The breath [bræθ]

To breathe normally [bri:θ]

To pump (on the chest)

To press / to push down on the patient's chest

with overlapped hands

in time with the metronome

a compression depth of at least 5cm

4cm for infants

Survival

Vital treatment

Every second counts.

A first-aid kit

A fire extinguisher

A shock is advised

Press the orange button and the shock is delivered.

The machine is assessing the heart rhythm.

The green light is flashing.

Stand clear of the patient!

New medical devices

To apply the pads on the chest

On bare skin

To erase the data from the memory

Resistance against dust and moisture

Change the cartridge.

CPR IN THREE SIMPLE STEPS

1. CALL

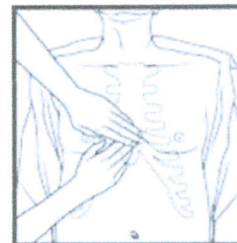
Check the victim for unresponsiveness. If the person is not responsive and not breathing or not breathing normally. Call 911 and return to the victim. In most locations the emergency dispatcher can assist you with CPR instructions.



112

2. PUMP

If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down in the center of the chest 2 inches 30 times. Pump hard and fast at the rate of at least 100/minute, faster than once per second.



3. BLOW

Tilt the head back and lift the chin. Pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second.



CONTINUE WITH 30 PUMPS AND 2 BREATHS UNTIL HELP ARRIVES

NOTE: This ratio is the same for one-person & two-person CPR. In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing.

ROLEPLAY: 2 persons.

Context: You were both at the swimming-pool when a man had a cardiac arrest and fell unconscious onto the ground. The ambulance has now taken him to hospital. You are still really shocked and you need to speak about this episode. One of you delivered CPR and used the PAD while waiting for the emergency unit.

Task: Talk together about what happened, about your feelings, what you did or didn't do. Ask each other questions.