Updated First Aid Procedures

English reading material for paramedic students | Reviewed 19 October 2026

These are basic first aid summaries for English lessons. They replace the older treatment descriptions on textbook pages 19-20. Professional care must follow current local protocols and clinical training.

Before giving first aid

Check that the scene is safe. Use protective gloves when available. Assess responsiveness and breathing, and identify life-threatening bleeding. Call for help early. In Czechia call 155 or 112. If a person is unresponsive and is not breathing normally, start CPR and use an AED as soon as available. Gasping is not normal breathing. [1]

1 Severe bleeding

Apply firm, continuous pressure with a sterile dressing or clean cloth. Ask someone to call emergency services. Do not pull out an embedded object; press around it. If life-threatening limb bleeding continues despite pressure, use a commercial tourniquet if trained, following your protocol. Keep the patient warm and monitor them. [1, 2]

2 Nosebleeds

Sit the person down and ask them to lean forward. Pinch the soft part of the nose just above the nostrils continuously for 10-15 minutes. Ask them to breathe through their mouth. Do not tilt their head back. Seek urgent care if bleeding persists, is heavy, follows a head injury, or causes weakness or breathing difficulty. Ask about anticoagulant medication. [3]

3 Suspected fractures

Keep the injured part still and support it in the position found, with padding if needed. Do not try to straighten it or push a protruding bone back. Cover an open wound with a sterile dressing; avoid pressure on exposed bone. Arrange medical assessment. Call an ambulance for an open fracture, major limb injury, suspected spinal or pelvic injury, or signs of shock. [4]

4 Thermal burns and scalds

Stop contact with the heat source safely. Cool the affected area under cool running water for 20 minutes. Remove nearby jewellery and clothing unless stuck to the skin. Keep the rest of the person warm. After cooling, cover loosely with a sterile non-adherent dressing or lay cling film over the burn; do not wrap it around a limb. Do not apply ice, butter or creams, or burst blisters. Large, deep, facial, electrical and chemical burns require urgent assessment; chemical burns need a separate decontamination procedure. [5]

Choking and Loss of Consciousness

5 Choking in adults

If the person can cough effectively, encourage coughing and observe closely. If coughing is ineffective, lean them forward and give up to five back blows between the shoulder blades. Check after each blow. If necessary, give up to five abdominal thrusts. Continue alternating these measures while help is being obtained. Stop if the obstruction clears. Never perform blind finger sweeps. If they become unresponsive, lower them safely, ensure emergency services have been called and start CPR. Medical assessment is needed after abdominal thrusts. [1, 6]

6 Choking in children and infants

If coughing is effective, encourage it. If ineffective, shout for help and give up to five back blows, checking after each one. For a child aged one year or older, follow unsuccessful back blows with up to five abdominal thrusts. For an infant under one year, use up to five chest thrusts instead. Never use abdominal thrusts on an infant. Support an infant face down along your forearm or thigh for back blows, with the head lower than the body and the head and neck supported. Turn them face up for chest thrusts, keeping the head supported and lower than the body. Repeat as needed and obtain emergency help. If they become unresponsive, start age-appropriate CPR and follow dispatcher instructions. [7]

7 Feeling faint or fainting

Help a person who feels faint to lie down. Raise their legs if there is no injury or other reason not to do so. If they collapse, check responsiveness and breathing. If unresponsive with abnormal breathing, start CPR and obtain an AED. If they remain unresponsive but breathe normally, use the recovery position when appropriate and monitor breathing; suspected trauma requires particular care. Seek emergency help for delayed recovery, chest pain, neurological symptoms, serious injury, or collapse during exercise. [1, 8]

8 Insect stings

Remove a visible bee stinger promptly by scraping it sideways. Wash with soap and water. Apply a cold pack wrapped in cloth for about 20 minutes for swelling. Do not apply surgical spirit or bicarbonate of soda. Watch for breathing difficulty, swelling of the tongue or throat, or collapse. These may indicate anaphylaxis: call emergency services immediately and help the person use their adrenaline auto-injector. Do not let them stand or walk. [9, 10]

Heat Illness and References

9 Heat exhaustion

Symptoms may include heavy sweating, thirst, headache, dizziness, nausea and weakness. Move the person to a cool place, remove unnecessary clothing, and cool their skin with water and fanning. Give cool water or an oral rehydration drink only if they are fully alert and can swallow safely. Stay with them. If they are not improving within 30 minutes, or deteriorate sooner, get emergency help. [11]

10 Suspected heatstroke

Heatstroke is a medical emergency. Suspect it when heat exposure or exercise is followed by confusion, poor coordination, seizures or collapse. Sweating may still be present. Call emergency services and start rapid cooling immediately, using available safe methods such as wetting the skin and fanning. Do not give drinks to anyone with reduced consciousness. Monitor breathing and start CPR if needed. Do not wait 30 minutes when heatstroke is suspected. [1, 11]

Source list

The following public guidance supports these classroom summaries. UK emergency numbers have been adapted to Czechia. Checked 19 October 2026.

[1] Resuscitation Council UK. First Aid Guidelines 2025. resus.org.uk/professional-library/2025-resuscitation-guidelines/first-aid-guidelines

[2] St John Ambulance. Severe bleeding. sja.org.uk/first-aid-advice/severe-bleeding/

[3] NHS. Nosebleed. nhs.uk/conditions/nosebleed/

[4] St John Ambulance. Broken bones and fractures. sja.org.uk/first-aid-advice/fractures-and-broken-bones/

[5] NHS. Burns and scalds. nhs.uk/conditions/burns-and-scalds/

[6] St John Ambulance. Choking. sja.org.uk/first-aid-advice/choking/

[7] NHS. How to stop a child from choking. nhs.uk/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/

[8] NHS. Fainting. nhs.uk/symptoms/fainting/

[9] NHS. Insect bites and stings. nhs.uk/conditions/insect-bites-and-stings/

[10] NHS. Anaphylaxis. nhs.uk/conditions/anaphylaxis/

[11] NHS. Heat exhaustion and heatstroke. nhs.uk/conditions/heat-exhaustion-heatstroke/

Topic selection and vocabulary: supplied English for Nurses, First Aid, printed pages 19-20. The summaries above are newly written and are not a reproduction of the textbook.

First Aid for Paramedic Students

English worksheet | B1-B2 | 90-120 minutes

Name _____ Date _____

Practise first aid vocabulary, clear patient instructions and a short handover. Use the updated reading for care and the textbook on pages 19-20 for vocabulary. Use the update box below for clinical facts.

Current practice update

Cool a thermal burn under cool running water for 20 minutes. Do not use ice or creams. For an adult who can cough effectively, encourage coughing. If coughing becomes ineffective, give up to five back blows, then up to five abdominal thrusts if needed. Seek help early. Do not perform blind finger sweeps. If the person becomes unresponsive, start CPR and ensure emergency services have been called. Infant choking requires a different procedure.

Language practice only. Follow your current clinical training and local protocols. In Czechia, call 155 for an ambulance or 112 for emergency assistance.

1 Match the words and definitions

1 casualty _____ 2 dressing _____ 3 fracture _____ 4 scald _____
5 swelling _____ 6 blister _____ 7 lightheaded _____ 8 airway _____

A a broken bone
B feeling dizzy or as if you may faint
C an injured person
D the passage through which air reaches the lungs
E a small pocket of fluid under the skin
F a burn caused by hot liquid or steam
G material used to cover a wound
H an increase in the size of an injured body part

2 Build first aid phrases

Complete each phrase. Use each verb once. **apply | pinch | support | loosen | seek | monitor**

1 _____ direct pressure to a bleeding wound.
2 _____ the soft part of the nose.
3 _____ an injured limb.
4 _____ tight clothing.
5 _____ medical help.
6 _____ the patient's breathing.

3 Find the language in the textbook

Find the English expressions on pages 19-20. Write phrases, not full sentences.

1 krvácení z nosu _____ 2 obvaz _____
3 modřina _____ 4 dušení _____
5 bodnutí hmyzem _____ 6 zotavovací poloha _____

First Aid in Practice

Student worksheet continued

4 Turn medical language into patient language

Example: Support the injured limb. → "Keep your arm still. I will support it." Write a clear instruction or explanation for each situation.

1 A patient with a nosebleed needs to lean forward.

_____

2 You need to assess the patient's pain. Ask about its location and severity.

_____

3 A patient wants to put butter on a fresh thermal burn. Explain what to do instead.

_____

5 Correct the bystander

Each statement needs correcting. Write one or two sentences. Use the update box on the first worksheet page.

1 "Ten minutes of cooling is always enough for a burn."

_____

2 "He is coughing strongly, so I should start abdominal thrusts now."

_____

3 "I cannot see the object, but I will try to pull it out with my fingers."

_____

6 Paramedic and patient role play

Work in pairs. Choose one card. Speak for two minutes, then swap roles. The paramedic should introduce themselves, ask at least three questions, explain their actions and reassure the patient.

Card A | Suspected fracture You fell from a bicycle 15 minutes ago. Your left wrist is painful and swollen. Pain: 7/10. You did not hit your head. You take no regular medication.

Card B | Scald You spilled hot tea on your right forearm five minutes ago. The skin is red and painful. You cooled it for two minutes. You have no known allergies.

7 Give a short handover

Use the details from your role play. Do not invent assessment findings. Say "not yet assessed" if necessary.

"This is a patient with _____. The injury happened _____. The patient reports _____. So far, _____. We still need to assess _____."

Reading and Clinical Communication

8 Read the updated procedures

Answer in English. Use the reading material at the beginning of this document.

1 How long should a thermal burn be cooled, and what should be avoided?

_____

2 Why should the age of a choking child change your actions?

_____

3 What should you do if a person becomes unresponsive and is not breathing normally?

_____

4 Which symptoms suggest heatstroke rather than uncomplicated heat exhaustion?

_____

5 What should you avoid doing with an open fracture?

_____

6 Which signs after an insect sting require an emergency response?

_____

9 Ask the questions that are missing

Read the patient statements. Write two follow-up questions for each patient. Ask for information that is not already given.

A "I cut my hand in the kitchen about ten minutes ago."

_____

_____

B "I was working outside. Now I feel dizzy and sick."

_____

_____

C "A bee stung me. I have had a serious reaction before."

_____

_____

10 Explain without jargon

Explain these words to a patient without using the word itself: **fracture, scald, dressing, swelling**. Your partner guesses the word. Then swap roles.

Emergency Scenarios

11 Discuss three simulated calls

For each call: identify the main concern, suggest immediate first aid, write two questions, and prepare a 30-second handover. Use only known facts. Explain your reasoning to another pair.

Call A | Kitchen injury
A 36-year-old chef has spilled boiling water over his left hand and forearm. It happened eight minutes ago. A colleague has placed a wet towel on it. A ring is still on his finger. The patient is alert and reports pain of 8/10.

Main concern and immediate actions

_____

_____

Two questions

_____

_____

Call B | Summer event
A 58-year-old visitor has collapsed at an outdoor concert on a very hot day. She is confused and cannot answer simple questions. Her skin feels hot. Her friend says, "Give her a drink and wait half an hour."

Main concern and immediate actions

_____

_____

Two questions for the friend

_____

_____

Call C | Bicycle accident
A 19-year-old cyclist is sitting beside the road. His right forearm looks deformed and he says his fingers feel numb. He is alert. A bystander wants to straighten his arm. It is not yet known whether he hit his head.

Main concern and immediate actions

_____

_____

Two questions

_____

_____

12 Listen and challenge

Present one handover to another pair. Listeners ask one question about a missing detail and identify one clear patient instruction. Then discuss: Which findings could make you escalate the response?

Grammar and Speaking Practice

13 Give clear instructions

Rewrite each sentence as a direct instruction. Example: You should stay still. → Stay still.

1 You should not tilt your head back.

_____

2 You should lean forward.

_____

3 You should not move your injured arm.

_____

4 You should tell me if the pain gets worse.

_____

14 Choose the modal expression

Complete with **must, must not, should, might**. More than one answer may be reasonable; explain your meaning.

1 You _____ use abdominal thrusts on an infant.
2 This swelling _____ indicate an injury.
3 We _____ call for help immediately: this is life-threatening.
4 You _____ have this injury assessed by a clinician.
5 A person who cannot swallow safely _____ be given a drink.
6 The patient _____ have a fracture, but it has not been confirmed.

15 Describe the incident and the current problem

Use the past simple or present continuous form of the verb in brackets.

1 She _____ (spill) hot tea on her arm ten minutes ago.
2 At the moment, we _____ (cool) the affected area.
3 He _____ (fall) off his bicycle on his way to work.
4 The patient _____ (breathe) normally now.
5 A colleague _____ (call) an ambulance five minutes ago.
6 Please wait. My partner _____ (check) your arm right now.

16 Teach back

Work in groups of three: paramedic, patient and observer. Choose nosebleed, thermal burn or suspected fracture. The paramedic explains immediate care in plain English. The patient repeats the instructions in their own words. The observer checks clarity and accuracy against the updated reading. Rotate roles.

17 Exit ticket

Write one new medical expression, one useful patient question, and one textbook instruction that you would update.

_____

_____

_____