



Infografías sobre la prevención de ahogamientos en el medio acuático (Inglés)

Trabajos realizados por el alumnado del IES Galileo Galilei (Córdoba) para la asignatura de Atención Sanitaria Inicial en Situaciones de Emergencia.



AQUATIC DROWNING PREVENTION



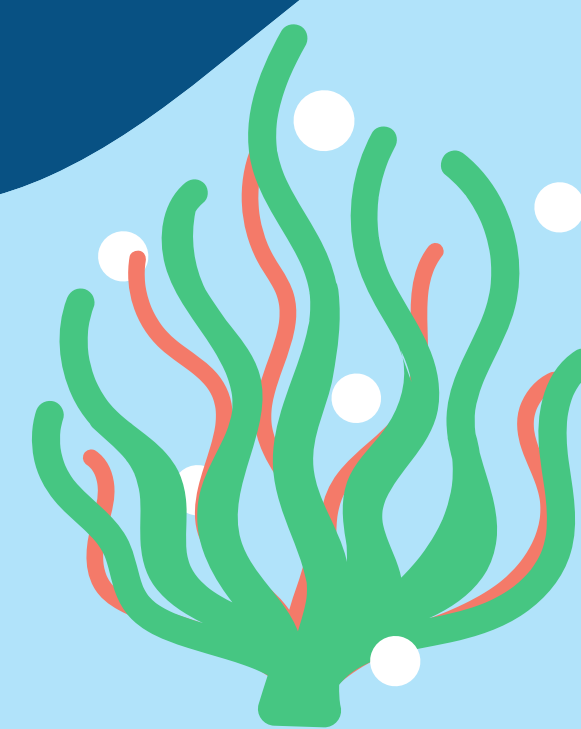
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PREVENTIVE ACTIONS

- Install barriers to control access to the water
- Provide safe places, away from water
- Teach basics of swimming, water safety and first aids
- Teach passersby basics of first aid and resuscitation
- comply with safety regulations in navigation and the transport of goods or people.

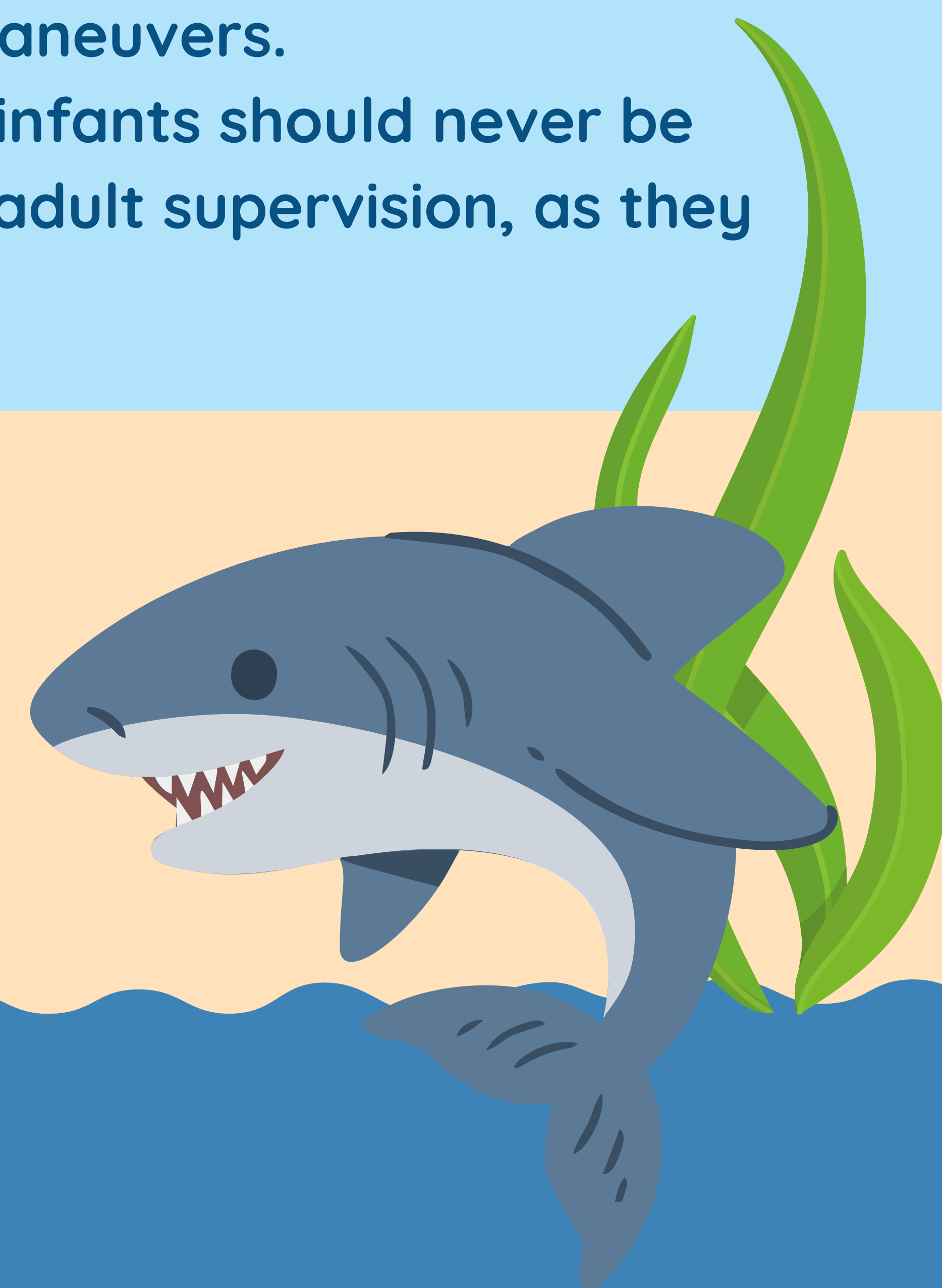
STRATEGIES:

- Presence of a lifeguard, but without ceasing to supervise the children.
- Throwing headfirst should be prohibited if the depth is less than 1.20m.
- It is advisable for children to learn to swim, especially from 4 years old.
- Use of personal flotation devices.
- Training in resuscitation maneuvers.
- Bath seats for babies and infants should never be considered a substitute for adult supervision, as they can slip through them.



VITAL:

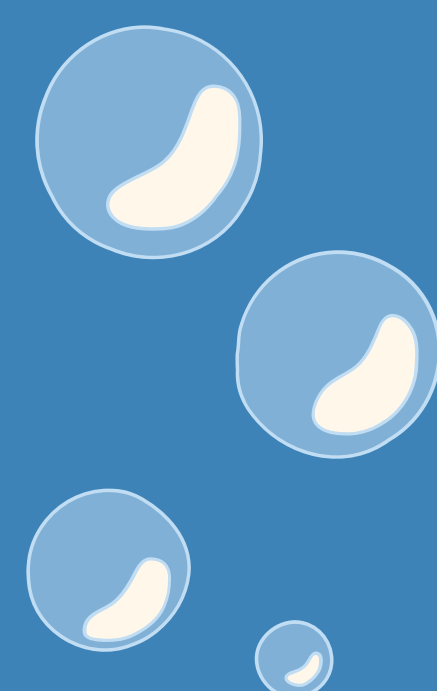
You must always maintain A.V.A. behavior: be attentive to notice all risky situations that you can encounter. Value the danger and adopt a safe attitude



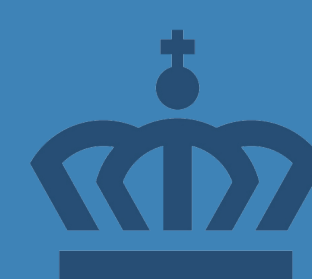
ADVICE:

- Children can never be left alone or taking care of another minor while in the bathtub, swimming pools, spas or near any hydrant.
- Bath seats for babies and infants should never be considered a substitute for adult supervision, as they can slip through them.
- The supervising adult must know how to swim, perform a rescue, initiate CPR maneuvers and call for help.
- Any private or community pool should ideally be equipped with safety devices.
- Recommend that when children ride any type of boat or participate in a water sport, they must wear a flotation device.

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RFSS

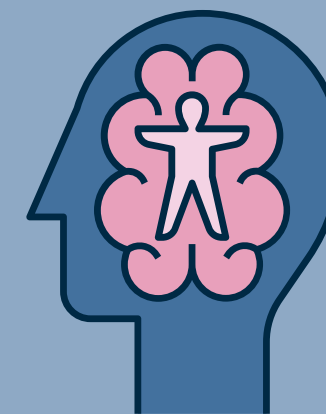
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CPR:

A guide on how to save a life

1. CHECK CONSCIOUSNESS

Ask and move the victim to see if he reacts. If we do not get a response, check the pulse and breathing.



2. START CPR



Upon verifying that the victim neither has a pulse nor is breathing, we kneel next to the victim. We place the palm of the hand in the center of the chest, place the other hand and intertwine the fingers.

3. CPR

We press the chest with arms outstretched, compressing it 5 centimeters.

We perform 30 chest compressions.



4. RESCUE BREATHING



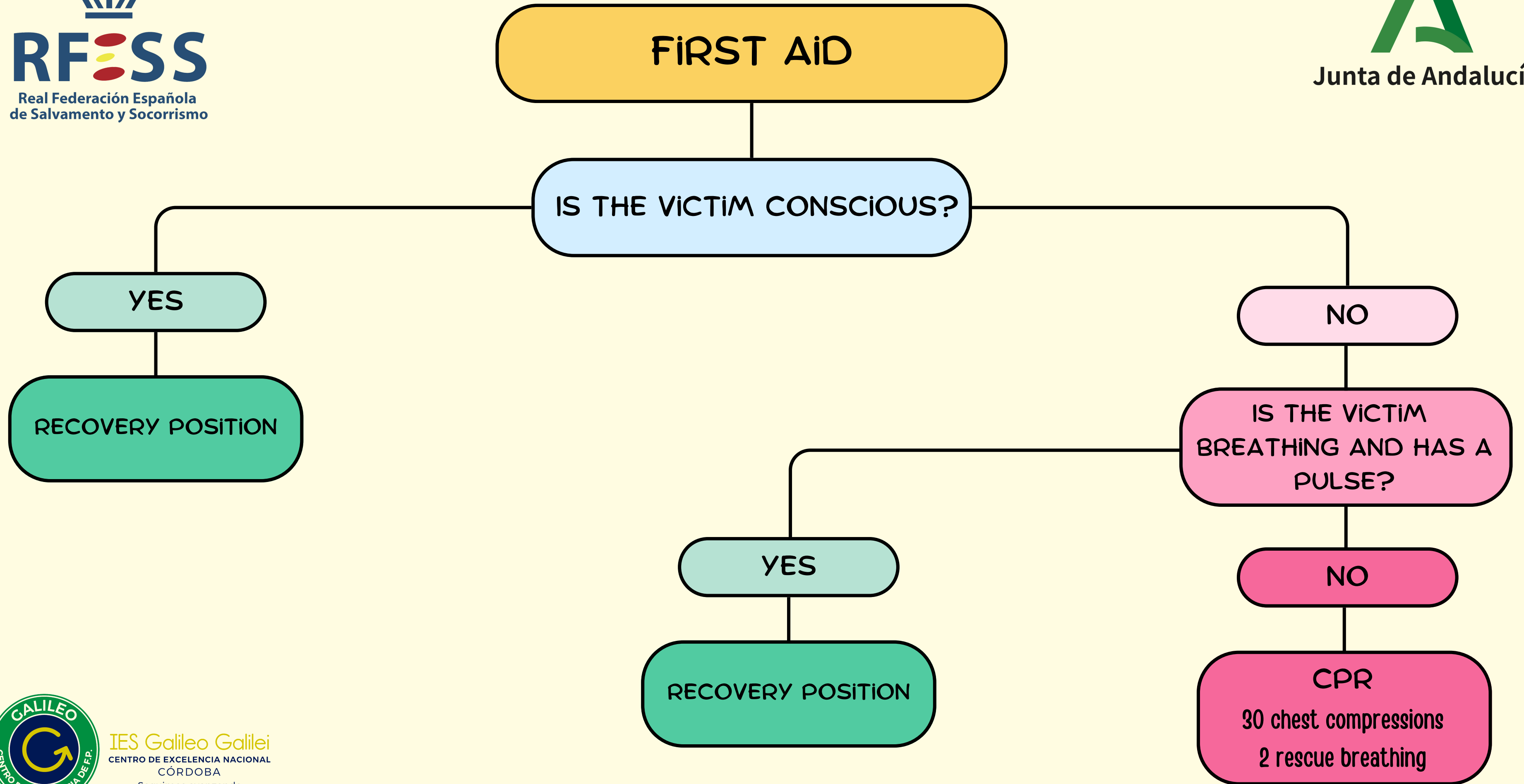
We perform the head tilt–chin lift maneuver, pinch the nose and with our mouth create a seal that covers the victim's mouth and exhale.

We do 2 rescue breathing.

5. WHEN TO STOP?

We will stop performing CPR when the victim begins to breathe or emergency services arrive.





Prevention of aquatic drowning

INTRODUCTION



Drowning is a frequent cause of death or severe accidental damage in our environment. Approximately, 150,000 people die in the world every year. It is more common at an early age.



MULTI-SECTOR AND COORDINATED MEASURES

- Install barriers to control people's access to water.
- Provide safe places, away from water, such as daycare centers for preschool children with competent childcare workers.
- Teach basics of swimming, water safety and first aid.
- Teach passersby basics of first aid and resuscitation.
- Establish and enforce safety regulations in recreational boating and the transportation of goods or people.
- Improve flood risk management.

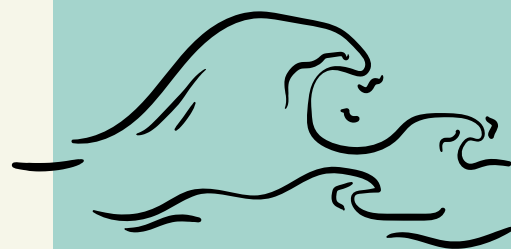


WHAT HAPPENS TO THE BODY WHEN YOU DROWN

During drowning, the body is deprived of oxygen, which can damage organs, particularly the brain. The airway (larynx) may constrict and close (laryngeal spasm), or water may damage the lungs and prevent them from receiving oxygen.

RESUSCITATION AFTER DROWNING

Pinch his nose and place your mouth over his mouth and give him two slow breaths. Make sure to see his chest rise with each breath. Repeat the cycle of 30 chest compressions and two breaths until the ambulance arrives or the person starts breathing again.



DROWNING STATISTICS



Are we aware of the magnitude of the problem of drowning deaths that occur every year in swimming pools, rivers, beaches and other aquatic places? The 2,879 drowning deaths that have occurred in Spain since 2015 seem to confirm that we are not.

CHILD DROWNINGS

A small child can drown in a very small amount of water, such as 2cm in a bathtub or inflatable pool. NEVER LEAVE HIM ALONE.



PREVENTION OF SUN EXPOSURE



1. Avoid exposing yourself to the sun in the middle hours of the day (from 12 to 5 p.m.)



2. Reduce body parts directly exposed to the sun



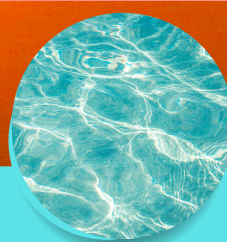
3. It is recommended to cover your head with hats or caps.



4. It is advisable to use approved sunglasses that filter at least 90% of ultraviolet (UV) radiation.



5. Use sun protection products with a high factor and appropriate for your age, skin type and body area.



6. Be careful in exposures on and in water



7. Children under 3 years of age should also be prevented from being exposed to the sun. High sun factor creams should be used



8. If you take medication, check that it does not increase skin sensitivity to ultraviolet radiation.



9. Don't forget that the risk of sunburn increases with altitude



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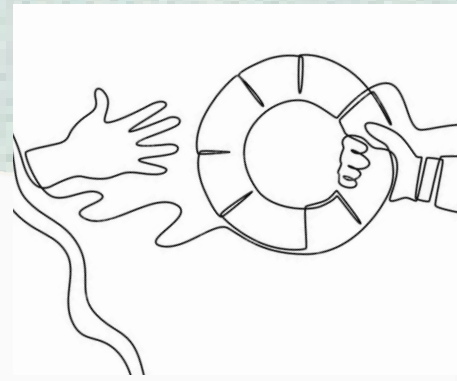


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Psychotropic substances

1. DEFINITION

They are those that affect the mind, emotions and mood of people. They can have an impact on the central nervous system and alter brain activity, affecting behavior.



NO DRUGS

2

TYPES OF SUBSTANCES



NO ALCOHOL



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THE PROBLEMS THAT WE CAN FIND IN THE AQUATIC ENVIRONMENT:

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PREVENTION:

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