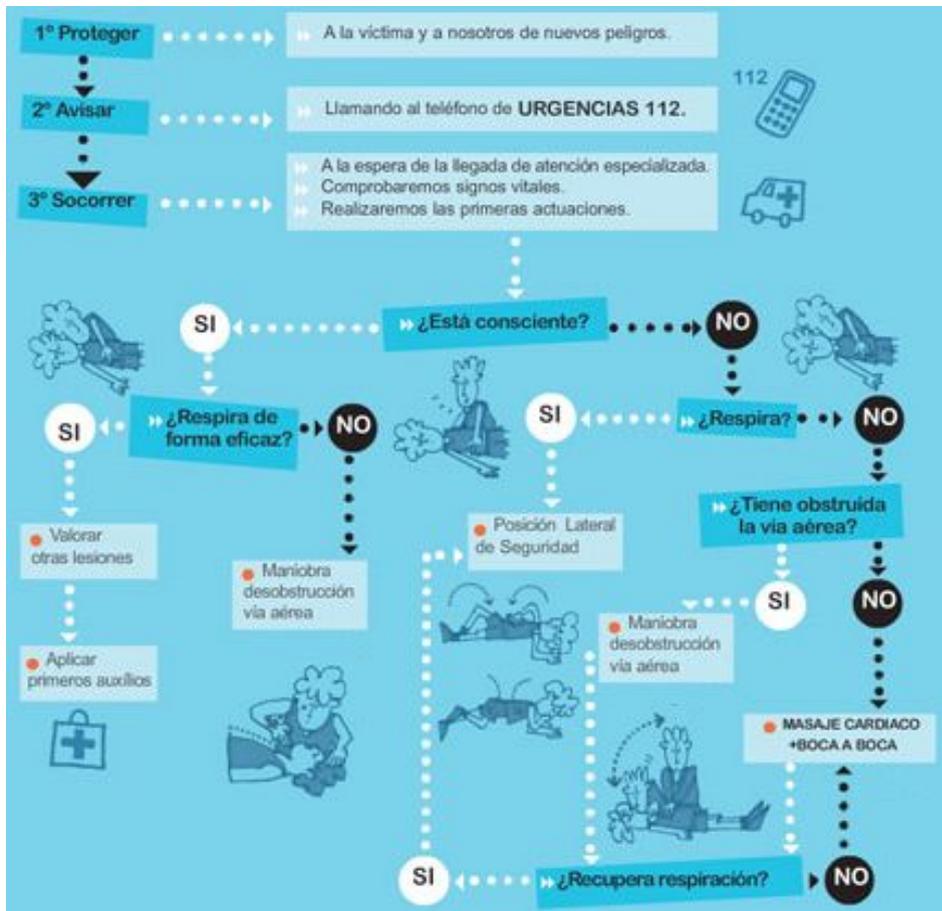


Remember that if you begin using first aid techniques as soon as possible, they are more likely to be successful. The basic protocol of action in the face of an accident is **PAS**:



We must remember these steps when evaluating a victim:

**1. Evaluate conscience:**

Get on your knees in front of the person, at chest level, and ask in a loud and clear voice: What's wrong? Can you hear me? Are you okay? If the person doesn't answer, slowly try to stimulate them with a pinch or by touching their shoulder in order to observe their reaction.



**2. Unblock the airway:**

If the person is in a supine position (lying down face up) the tongue could fall to the back of the mouth and block the airway, preventing the patient from breathing normally. This could lead to asphyxiation. If this is the case, carry out the head tilt/chin lift procedure by applying pressure to the forehead and chin to tilt the head backwards.



**3. Check if the person is breathing:**

Look: Observe the respiratory movements of the chest and abdomen.  
Hear: Listen for the release of air.  
Feel: The heat of the released air.



**4. Circulation:** We should also check for a pulse.

**First Aid: Action in the face of an athletic injury or accident**

<b>What symptoms do you have?</b>	<b>It probably is...</b>	<b>What should you do?</b>
Tear in the skin, blood...	<b>Wound</b>	<ul style="list-style-type: none"> <li>- Clean with soap and water</li> <li>- Disinfect (iodine, hydrogen peroxide)</li> <li>- Cover the wound with gauze</li> </ul>
Bleeding from the nose	<b>Epistaxis: Nasal hemorrhage due to lesion of certain blood vessels in the nostrils</b>	<ul style="list-style-type: none"> <li>- Keep the head upright</li> <li>- Put pressure on the outside of the nose</li> <li>- Breathe through the mouth</li> <li>- Wet or cool the back of the neck</li> <li>- If it continues, see a doctor</li> </ul>
Cramping sensation in muscle	<b>Muscular contraction due to fatigue</b>	<ul style="list-style-type: none"> <li>- Stop activity</li> <li>- Stretch and rest</li> <li>- Gently massage the muscle</li> </ul>
Pulled muscle	<b>Tear or break in muscle fibers</b>	<ul style="list-style-type: none"> <li>- Stop activity</li> <li>- Put ice on it (protecting the skin with a towel or something similar)</li> <li>- Do not massage!</li> <li>- If the pain is very intense, especially after a few days, go to the doctor</li> </ul>
Sharp pain from an impact. There could be swelling and/or bruising	<b>Contusion/Bruise (Damage of small blood vessels and inflammation)</b>	<ul style="list-style-type: none"> <li>- Stop activity</li> <li>- Apply ice</li> <li>- Rest</li> <li>- Medical assistance depending on severity</li> </ul>
Crack, localized pain and/or impossible to move due to a fall, an impact...	<b>Bone fracture or fissure</b>	<ul style="list-style-type: none"> <li>- Do not move the injured body part</li> <li>- Urgent transfer to hospital</li> </ul>
Intense and localized pain due to a twist or sprain	<b>Sprained joint (Injury of the ligaments that surround a joint)</b>	<ul style="list-style-type: none"> <li>- Stop activity</li> <li>- Apply ice</li> <li>- Rest the joint</li> <li>- Go to the doctor in order to rule out other injuries</li> </ul>
A strong hit or impact that provokes very intense pain in a joint (usually the shoulder)	<b>Dislocation or fracture</b>	<ul style="list-style-type: none"> <li>- Immediately stop moving the joint</li> <li>- Urgent transfer to hospital or medical center</li> </ul>
Impossible to breathe, more specifically difficulty exhaling	<b>Asthma attack</b>	<ul style="list-style-type: none"> <li>- Breathe in with an inhaler</li> <li>- Walk slowly while deeply inhaling and opening the arms</li> </ul>
Strong headache due to prolonged exposure to the sun, which can be accompanied by dizziness, panting, cold sweat, or vomiting	<b>Sunstroke</b>	<ul style="list-style-type: none"> <li>- Avoid the source of the heat</li> <li>- Drink a lot of water</li> <li>- Apply damp towels to the forehead</li> </ul>
Intense nausea, dizziness, and/or loss of conscience	<b>Lack of blood circulation in the brain or  Hypoglycemia (Sudden drop in blood sugar levels)</b>	<ul style="list-style-type: none"> <li>- Lie on the ground face up with the legs elevated</li> <li>- Loosen clothing</li> <li>- In the event of loss of conscience, first aid procedures</li> </ul>

Get more information and do interactive activities at [www.madridsalud.es/salvaunavida.htm](http://www.madridsalud.es/salvaunavida.htm)