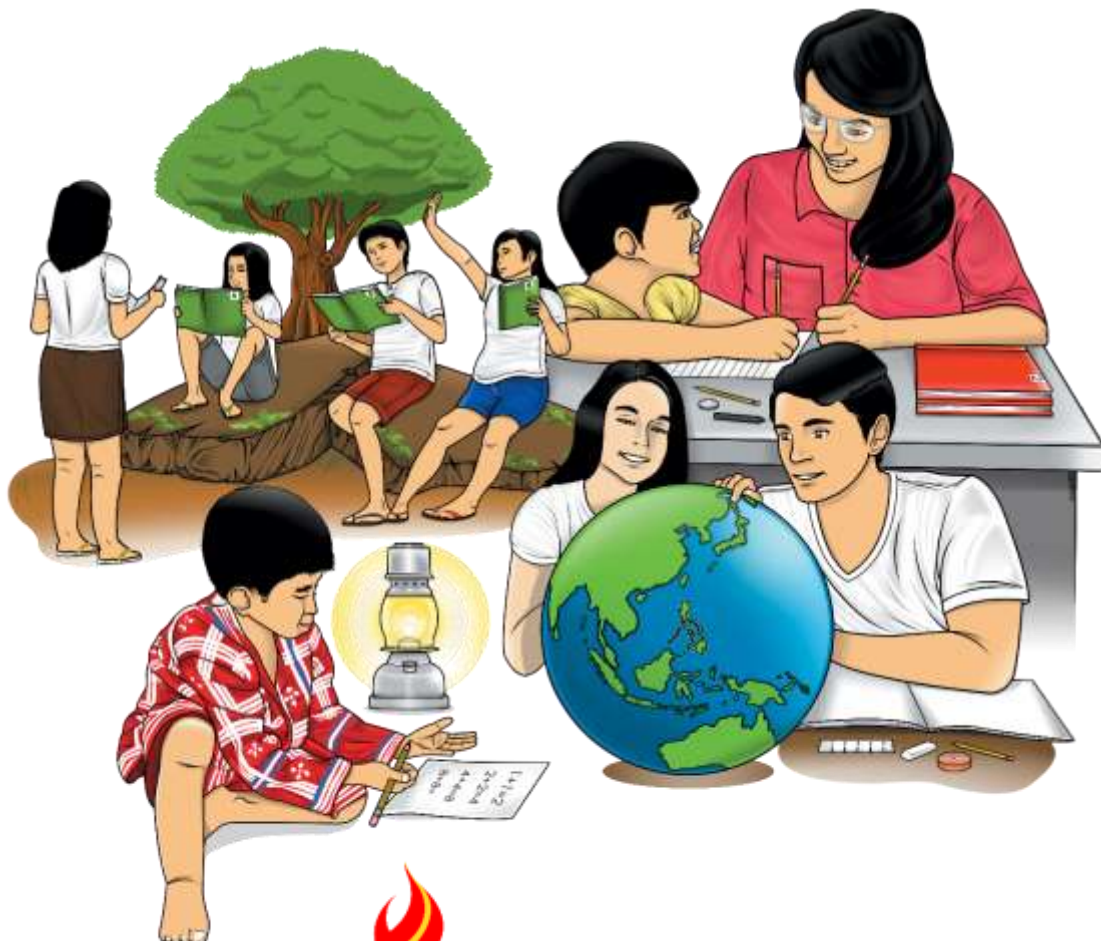


7/8

AQUACULTURE

Quarter 2 – Module 9: Performing First Aid and Treatment on Board (PFTB)



AQUACULTURE – Grade 7 and Grade 8
Alternative Delivery Mode
Quarter 2 – Module 9: Performing First Aid Treatment on Board (PFTB)
First Edition, 2020

Republic Act 8293, section 176 states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (i.e., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this module are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

Published by the Department of Education
Secretary: Leonor Magtolis Briones
Undersecretary: Diosdado M. San Antonio

Development Team of the Module

Writers:	Gloria Mericullo Branzuela Charlyn Segara Sumalinog
Editor:	Pinky G. Tanap
Reviewers:	Mario Donio, Edward Ryan F. Gulam
Illustrator:	
Layout Artist:	Gerald V. Lauglaug, Maylene F. Grigana, Ria V. Omaña
Management Team:	Allan G. Farnazo, Gilbert Barrera, Arturo Tingson, Jr., Peter Van Ang-Ug, Donna S. Panes, Elizabeth G. Torres, Judith B. Alba

Printed in the Philippines by Department of Education – SOCCSKSARGEN Region

Office Address: Regional Center, Brgy. Carpenter Hill, City of Koronadal
Telefax: (083) 2288825/ (083) 2281893 E-mail
Address: region12@deped.gov.ph

7/8

AQUACULTURE EXPLORATORY COURSE

**Quarter 2 – Module 9:
PERFORMING FIRST AID TREATMENT ON
BOARD (PFTB)**

**EXPLORATORY COURSE
GRADE 7 and GRADE 8**



Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.

Lesson 5

LO 1. Perform immediate life-saving First Aid pending medical assistance, recognize symptoms of acute injuries and take appropriate action

COMPETENCY CODES:

- Perform immediate life-saving First Aid pending medical assistance, recognize symptoms of acute injuries and take appropriate action (TLE_AFAFCAP9-12PFTB-IIIa-b-17)

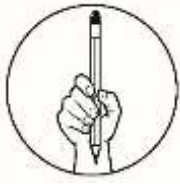


What I Need to Know

This module was designed and written with you in mind. It is here to help you master the nature of Aquaculture. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

After going through this module, you are expected to:

1. correctly apply first aid care in real or simulated situation;
2. correctly use DRABC Action plan to identify any sign of life;
3. appropriately place an unconscious casualty in stable-side position;
4. appropriately apply the method of EAR, ECC, and CPR in real or simulated situation.
5. identify the possible causes of respiratory failure and breathing difficulty
6. identify the symptoms and signs of casualty having angina pain/heart attack
7. identify the symptoms or signs of poisoning, bites, or sting in real or simulated situation
8. take appropriate action to casualty having signs of poisoning, bites, or sting in real or simulated situation



What I Know





Write **TRUE** if the statement is correct and **FALSE** if the statement is incorrect.

1. The first aider deals with the whole situation the injured person, and the injury or illness.
2. Preventing first aid will protect health, improve safety, and increase productivity.
3. Untreated shock from bleeding will almost always cause death.
4. When using pressure points, make sure you are pressing on a point closer to the wound than the heart.
5. First aid includes any emergency care given to an injured or ill person before medical assistance arrives.
6. Chest pain is a sign of insect bite.
7. Unconscious person usually vomits.
8. Fracture causes respiratory failure.
9. Insect bites should be treated with oil.
10. Vomiting is a symptom for heart attack.



What's In

Activity 1. Spot the Sign!


Identify the following symptoms of an injured person and potential hazard or accident. Draw a  if it's a sign of poisoning,  if it's a heart attack  if it's an insect bite and  if it is a situation with potential hazard or accident.

1. Shortness of breath	
2. Breath that smells like chemical	
3. Glass wall breaking above	
4. Itching	
5. Redness or rashes	
6. A child crossing the pedestrian lane on a red light	
7. Mira slipped on the newly mopped floor	
8. Swelling	
9. Unusual tiredness	
10. John's motorcycle loses its brake	
11. Heat burn-like feeling	
12. Numbness or tingling in the affected area	
13. The baby fell on the high chair	
14. While pouring hot water, the mug breaks	
15. Confusion or other altered mental status	



What's New

Activity 2 : **EMERGENCY or MINOR INJURY**

Read the situation carefully. Put a check mark  on the corresponding column of the following injuries.

Situation	Emergency	Minor Injury
1. You stepped on a sharp-edged rock while pulling the cast net.		
2. Burns or redness around the mouth and lips		
3. You sprain your ankle while lifting a sack of mashed feeds for the fingerlings.		
4. Swelling, redness and rashes on an insect bite		
5. A worker stumbled upon a large stone while checking the electrical connections to the fish tank and can't move his legs.		
6. Pain in the affected area or in the muscles		
7. A boatman slipped and hit his head at the pole and lost his consciousness.		
8. Drowsiness		
9. While cleaning the sickle for storage, you cut your little finger.		
10. Excessive vomiting		



What is It

Basic First Aid

First aid is an emergency care or treatment given to an ill or injured person before regular medical aid can be obtained. Due to the often hazardous nature of farming and isolation all people working on the farm should be trained in basic first aid.

In the event of a medical emergency:

- check for any threatening situation and remove further danger
- remain with the injured person and provide appropriate first aid

- designate someone to meet the ambulance and direct it to the location of the casualty;
- try not to leave the injured person alone; and
- do not move the injured person unless they are exposed to further injury.

Employers should provide and maintain appropriately stocked first aid kits. Ensure that kits are easily accessible, that everyone on the farm is aware of the location of the kits, and that their location is clearly signed. A list of emergency services, telephone numbers and some basic first aid notes should be located with the kits. First aid kits should also be located in tractors, trucks and utilities.

The legislative requirements detailing what should be kept in each emergency kit depending on the location and number of people working on the farm:

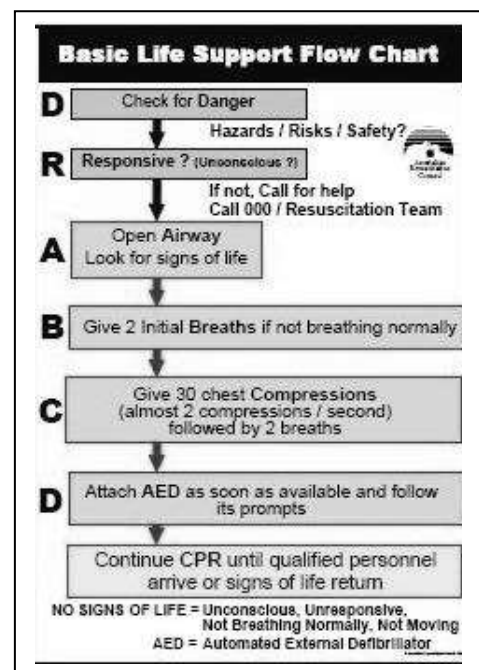
- band aids
- adhesive tape
- bandages
- eye pad
- tweezers
- latex gloves
- antiseptic wipes
- non-adherent and wound dressings
- plastic bags
- safety pins
- scissors
- saline solutions
- emergency thermal blanket
- first aid book and CPR card
- disposable resuscitation face shields
- disposable gloves

DRABCD ACTION PLAN

The DRABCD Action Plan is a vital aid to the first aider in assessing whether the casualty has any life-threatening conditions and if any immediate first aid is necessary.

D check for DANGER

- to you
- to others
- to casualty



R check for RESPONSE

- is casualty conscious?
- is casualty unconscious
- After the accident scene is safe to approach, assess all casualties to determine if they are conscious or unconscious.
- An unconscious casualty is not aware of their immediate surroundings and is not capable of protecting themselves from further danger.
- When positioned on their back, an unconscious casualty is unable to maintain a clear and open airway: a potentially life-threatening situation.
- Gently tilting their head back and lifting the chin allows the tongue to move out of the airway and enables the casualty to breathe. It is important to avoid any excessive force when moving the head backwards, especially when neck, back or spinal injury is suspected.

An unconscious casualty is unable to maintain a clear and open airway



Titling the head and lifting the chin



Assessing level of consciousness

There are three (3) main states or levels of consciousness:

Conscious

When somebody is fully conscious they are aware of all their surroundings and are alert and responsive to types of stimulation such as touch and sound

Semi-conscious

This is an unstable state of consciousness where the casualty might have slurred speech, be unable to walk properly and might lapse into unconsciousness at any stage

Unconscious

An unconscious person is not aware of their surroundings and will not react to touch or sound. In effect, the unconscious person has no reaction to their environment at all. This is an unnatural state and is potentially dangerous to the person.

A check AIRWAY

- is airway clear of objects?
- is airway open?

To assess the airway:

1. With the casualty on their back, open the mouth by gently pulling the chin down towards the chest.
2. Inspect the mouth and nose for signs of any foreign material, for example, blood, vomit, food, broken teeth or other objects.
3. Follow the steps in the flowchart.

B check for BREATHING

- is chest rising and falling?
- can you hear or feel air from mouth or nose?
- if no breathing, give 2 initial breaths

To assess the casualty's breathing status you should Look, Listen and Feel for signs of breathing:

- **Look** and **Feel** for movement of the upper or lower chest, and
- **Listen** and **Feel** for the escape of air from the nose and/or mouth.

Unconscious and breathing

Recovery position, check for and manage other injuries / illnesses. Closely monitor signs of life

Unconscious and no breathing

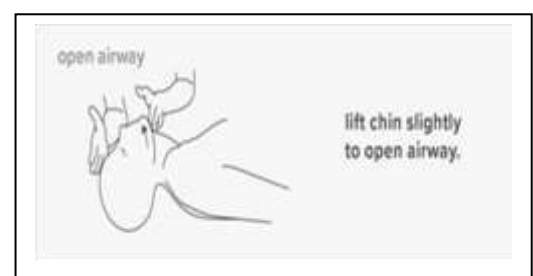
Give 2 full breaths and assess for signs of life

C give CPR

- if no signs of life—unconscious, not breathing and not moving, start CPR
- CPR involves giving 30 compressions at a rate of approximately 100 compressions per minute followed by 2 breaths

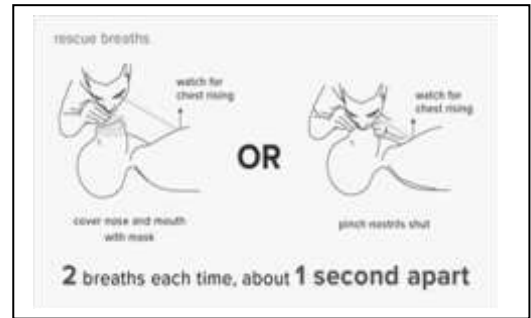
Steps in CPR

1. Open the Airway
Put the palm of your hand on the person's forehead and tilt their head back. Gently lift their chin forward with your other hand.



2. Give rescue breaths

Rescue breaths are appropriate for anyone age 1 and older. With the airway open, pinch the nostrils shut, and cover the person's mouth with a CPR face mask to make a seal. For infants, cover both mouth and nose with the mask. If a mask isn't available, cover the person's mouth with yours. Give two rescue breaths, each lasting about 1 second.



Watch for their chest to rise with each breath. If it doesn't, reposition the face mask and try again.

3. Alternate rescue breathings with chest compressions. Continue alternating 30 compressions with two rescue breaths until the person begins to breathe or until medical help arrives. If the person begins to breathe, have him or her lie on their side quietly until medical assistance is on the scene.

D **apply a DEFIBRILLATOR (if available)** use to help those experiencing sudden cardiac arrest. A device that can analyze the heart's rhythm and if necessary, deliver an electrical shock or defibrillation to help the heart re-establish an effective rhythm.



The "Universal AED": Common Steps to Operate all AUTOMATED EXTERNAL DEFIBRILLATOR (AEDs)

Step 1: POWER ON the AED. The first step in operating an AED is to turn the power on. ...

Step 2: Attach electrode pads. ...

Step 3: Analyze the rhythm. ...

Step 4: Clear the victim and press the SHOCK button.



Automated External Defibrillator

Recovery position

The recovery position is used to clear an obstructed airway and to position the unconscious casualty **who is breathing**. Follow the instructions below to place a casualty into the recovery position.

Recovery position 1

- Kneel beside the casualty
- Place the casualty's arm, that is furthest away from yourself, out at 90 degrees.
- Place the casualty's other arm across their chest with their hand wrapped under their neck.



Recovery position 2

- Cross the casualty's leg that is closest to you over the other leg.
- Using one hand under the casualty's neck in order to hold their head which is under their neck, and with your other hand against the casualty's hip / raised knee, turn the casualty away from you and onto their side.
- Ensure that the head and neck are well supported during this move.



Recovery position 3

- Turn the casualty's head slightly downwards and, using a gloved hand, place two fingers in the mouth and sweep the mouth clear of any foreign material, if required.
- Once the airway is clear and open, assess for signs of breathing.



ANGINA AND HEART ATTACK

Angina is chest pain or discomfort caused when your heart muscle doesn't get enough oxygen-rich blood. It may feel like pressure or squeezing in your chest. The discomfort also can occur in your shoulders, arms, neck, jaw, or back. Angina pain may even feel like indigestion. It can feel like a heart attack, with pressure or squeezing in your chest.

A **heart attack** occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely.

Common heart attack signs and symptoms include:



Signs and Symptoms of Poisoning

- Burns or redness around the mouth and lips
- Breath that smells like chemicals, such as gasoline or paint thinner
- Vomiting
- Difficulty breathing
- Drowsiness
- Confusion or other altered mental status

Signs and Symptoms of Insect Bites:

- Swelling
- Redness or rash
- Pain in the affected area or in the muscles
- Itching
- Heat on and around the site of the bite or sting
- Numbness or tingling in the affected area

Take the following actions in treating poison.

- **Swallowed poison.** Remove anything remaining in the person's mouth. If the suspected poison is a household cleaner or other chemical, read the container's label and follow instructions for accidental poisoning.
- **Poison on the skin.** Remove any contaminated clothing using gloves. Rinse the skin for 15 to 20 minutes in a shower or with a hose.
- **Poison in the eye.** Gently flush the eye with cool or lukewarm water for 20 minutes or until help arrives.
- **Inhaled poison.** Get the person into fresh air as soon as possible.
- If the person vomits, turn his or her head to the side to prevent choking.
- Begin CPR if the person shows no signs of life, such as moving, breathing or coughing.
- Have somebody gather pill bottles, packages or containers with labels, and any other information about the poison to send along with the ambulance team.

Applying basic first aid to bites and stings

Bites from other animals can cause severe bruises and infection, and break the skin.

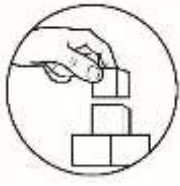
First aid should include:

1. Cleaning the bite thoroughly with soap or antiseptic
2. Washing the bite with water
3. Covering the bite with a sterile dressing
4. Immobilizing an injured arm or leg
5. Taking the casualty immediately to a medical facility.

Treating insect bites/stings

First aid should include:

1. Removing any stingers by carefully scraping the skin with a clean fingernail or blunt knife
2. Washing the bite/sting site
3. Applying ice or cold compresses to the bite/sting site
4. Treating more serious reactions, including severe and rapid swelling, allergic symptoms, the same as a snakebite
5. Monitoring the casualty's breathing.



What's More

THINK FAST!

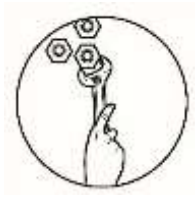
The statements below are about **DRABCD, CPR, Breathing** and **First Aid for Heart attack, Poisoning and Insect bite**. Write **T** in the box if the statement is true. Write **F** in the box if the statement is false.

- ☐ 1. CPR is used when the victim has a pulse.
- ☐ 2. AED stands for Automatic External Driller
- ☐ 3. DRABCD action plan is a vital aid to the first aider in assessing whether the casualty has any life-threatening conditions and if any immediate first aid is necessary.
- ☐ 4. First aid is an emergency care given to an injured or ill person after the medical assistance is given.
- ☐ 5. To assess the casualty's breathing status, you should LOOK, LISTEN and FEEL for signs of breathing.
- ☐ 6. Begin CPR if the person shows no signs of life, such as moving, breathing or coughing .
- ☐ 7. Heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely.
- ☐ 8. A person is conscious if they have a state of awareness with the ability to respond to voice and/or touch.
- ☐ 9. If the suspected poison is a household cleaner or other chemical, read the container's label and follow instructions for accidental poisoning.
- ☐ 10. Removing any stingers by carefully scraping the skin with a clean fingernail or blunt knife is a first aid in insect bite



What I Have Learned

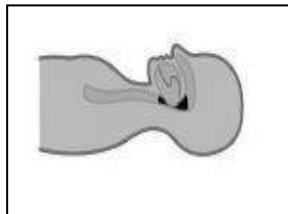
- First aid is an emergency care given to an injured or ill person before medical assistance arrives.
- DRABC action plan is a vital aid to the first aider in assessing whether the casualty has any life-threatening conditions or if any immediate first aid is necessary.
- Employers should provide and maintain appropriately stocked first aid kits.
- There are (3) main states or levels of consciousness:
 - a. Conscious b. Semi-conscious c. Unconscious
- To assess the casualty's breathing status, you should LOOK, LISTEN and FEEL for signs of breathing.
- Start CPR if there is no sign of breathing or life.
- CPR stands for Cardio-pulmonary Resuscitation
- CPR involves giving 30 compressions at a rate of approximately 100 compressions per minute followed by 2 breaths.
- Recovery position is used to clear an obstructed airway and to position the unconscious casualty who is breathing.
- AED is an easy-to-use medical device that can analyze the heart's rhythm and if necessary, deliver an electrical shock or defibrillation to help the heart re-establish an effective rhythm.
- During heart attack, we need to stay calm to perform the proper first aid. Call for medical assistance.
- The best way to prevent poisoning is to avoid contact with harmful substances.
- Wear protective clothing, like gloves, when you use cleaners and chemicals.
- If the poison is in the air, move to a safe place with fresh air.
- If the poison is on the skin, rinse it off with water and remove nearby clothing.
- If the person swallowed the poison, do not try to induce vomiting. This approach is no longer recommended.
- Insect bites and stings occur when an insect is agitated and seeks to defend itself through its natural defense mechanisms, or when an insect seeks to feed off the bitten person.



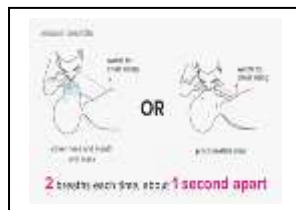
What can I do

Arrange the pictures in order according to their sequence in the DRABC action plan. Write your answer on the space provided.

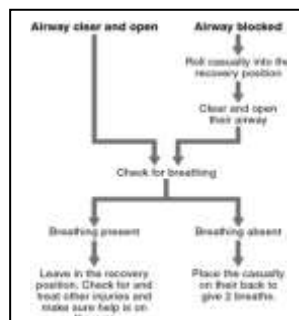
_____ 1.
_____ 4.



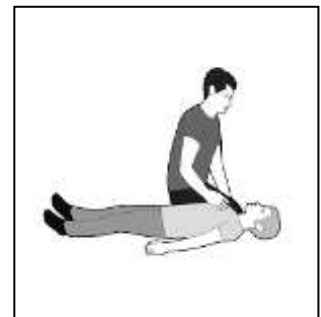
_____ 2.
_____ 5.



_____ 3.



_____ 6.





Assessment

Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. An emergency care given to an injured or ill person before medical assistance arrives.
A. First aid B. CPR C. Recovery position D. Bandaging
2. A _____ is applied when there is no sign of life, unconscious or breathing.
A. AED B. CPR C. DRABC D. Aid
3. A _____ is applied to assess the casualty's breathing status.
A. CPR C. Look, Listen and Feel
B. First aid D. Check
4. A vital aid to the first aider in assessing whether the casualty has a life or in need of immediate first aid.
A. DRABC action plan C. Recovery position
B. CPR D. CPR
5. A device that can analyze the hearts rhythm and deliver electrical shock or defibrillation if necessary.
A. Forceps B. AED C. Microscope D. Mask
6. It refers to clear an obstructed airway and to position the unconscious casualty who is breathing.
A. CPR C. Defibrillator
B. Recovery position D. Sitting position
7. It refers to the kits consisting of medical supplies
A. First aid kit B. Plastic kits C. Beauty kit D. Working kit
8. How to check for breathing?
A. LOOK, LISTEN and FEEL C. Check airway
B. Open the mouth D. Touch the pulse

9. In level of consciousness, what level when the casualty is aware of the surroundings?
- A. Conscious B. Semi-conscious C. Unconscious D. Open eye
10. AED stands for _____
- A. Allergy Extensive Device C. Atomic explosive device
B. Automated External Defibrillator D. Automatic Electrical Defibrillator
11. Applying ice or cold compress is good for the _____.
- A. Heart attack B. Poisoning C. Insect bite D. Headache
12. Getting the person into fresh air as soon as possible is a first aid for _____.
- A. Poison on the Eyes C. Food poison
B. Poison on the Skin D. Inhaled Poison
13. Discomfort or tingling on arms, back, neck, shoulder and jaw is a sign of _____.
- A. Insect bite B. Heart attack C. Poisoning D. Hypothermia
14. It occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or cut off completely.
- A. Heat stroke B. Heart attack C. Insect bite D. Diarrhea
15. A person is _____ if she has the ability to respond to voice or touch.
- A. Unconscious B. Conscious C. Dead D. Active



Additional Activities

WORD SEARCH!

Find and encircle the words below hidden inside the Puzzle box. The words can be found horizontally or vertically

KIT POSITION STING BURN				AUTOMATED DRABC VOMITING INSECT BITE				EXTERNAL CPR PAIN SWELL				DEFIBRILLATOR AIRWAY CHEST POISONING				REDNESS SOAP INJURY			
A	R	T	C	J	A	O	O	P	L	K	H	N							
B	E	H	P	K	E	P	D	F	I	A	U	M							
N	A	I	R	W	A	Y	X	V	B	N	M	O							
M	U	N	R	L	I	G	A	E	I	O	V	N							
X	T	B	F	L	K	H	S	F	G	H	J	K							
P	O	S	I	T	I	O	N	C	X	Z	B	N							
X	M	C	E	X	T	E	R	N	A	L	E	I							
Z	A	V	L	O	O	X	A	S	D	H	J	I							
C	T	X	K	I	U	B	A	H	K	L	U	O							
D	E	F	I	B	R	I	L	L	A	T	O	R							
E	D	R	A	B	C	B	A	G	H	J	K	L							
D	H	P	B	U	R	N	V	T	V	Q	O	D							
P	S	O	A	P	G	H	O	J	I	R	K	S							
A	I	I	H	V	S	Q	M	Y	C	S	N	A							
I	N	S	E	C	T	B	I	T	E	G	V	T							
N	J	O	A	H	I	K	T	F	T	B	X	H							
X	U	N	R	E	N	Z	I	C	M	N	S	B							
C	R	I	T	S	G	X	N	O	K	U	E	N							
K	E	N	U	T	K	J	G	L	U	I	R	M							
L	I	G	S	W	E	L	L	D	R	K	G	L							



Answer Key

<p>Assessment</p> <p>1. A 2. B 3. C 4. D 5. B 6. B 7. D 8. A 9. A 10. B 11. C 12. D 13. B 14. B 15. B</p>	<p>What's More</p> <p>1. F 2. F 3. T 4. F 5. T 6. T 7. T 8. T 9. T 10. T</p>	<p>What I Know</p> <p>1. TRUE 2. TRUE 3. TRUE 4. TRUE 5. TRUE 6. FALSE 7. FALSE 8. FALSE 9. FALSE 10. TRUE</p>
--	---	---

References

1. <https://www.redcross.org/take-a-class/first-aid/performing-first-aid/first-aid-steps>
Date Retrieved: June 8, 2020
2. <https://www.webmd.com/heart-disease/heart-disease-angina#1>
Date Retrieved: June 8, 2020
3. <https://www.mayoclinic.org/first-aid/first-aid-poisoning/basics/art-20056657>
Date Retrieved: June 10, 2020
4. <http://www.cdc.gov/nasd/menu/topic/firstaid.html>
Date Retrieved: June 5, 2020
5. <http://medi-smart.com/fa-cpr.html>
Date Retrieved: June 10, 2020
6. <https://www.business.com/articles/workplace-accidents-how-to-avoid-them-and-what-to-do-when-they-happen/>
Date Retrieved: June 10, 2020
7. Aquaculture NC II CBLM
Date Retrieved: June 13, 2020
8. Mihajlo Lojpur, M.D., Ph.D – First Aid to the injured
Date Retrieved: June 15, 2020

For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph *