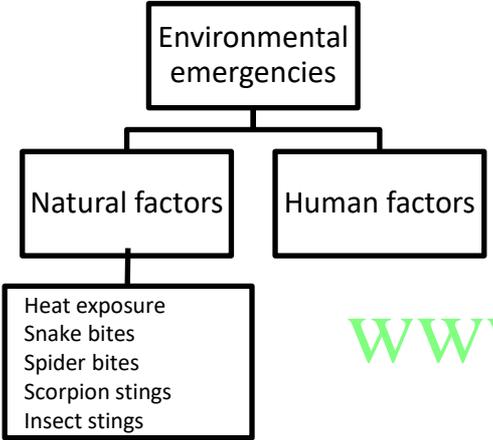


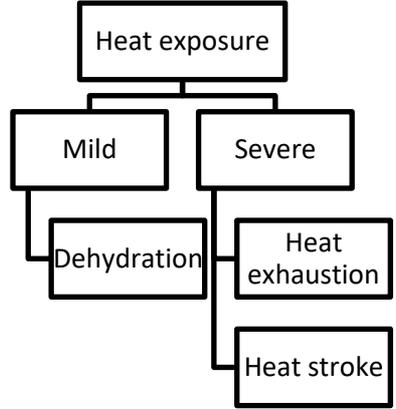
Unit9: Environmental emergencies

Lesson1: environmental emergencies

Environmental emergencies: sudden accidents that cause harm to a person.



Lesson2: Heat exposure



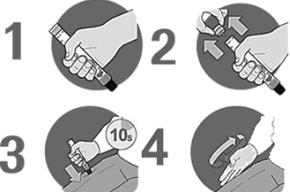
Emergency	Dehydration	Heat exhaustion	Heat stroke
Definition	No enough water in the body	Body overheat	Happens when dehydration & heat exhaustion in not treated & it is life threatening
Causes	<ul style="list-style-type: none"> * Mild heat * Not drinking enough water * Playing sports * Eating salty things * Eating sweets * Fever * Vomiting * Diarrhea 	Severe heat exposure 	Severe heat exposure 
Signs	<ul style="list-style-type: none"> *Feeling thirsty *Headache *Weakness *Confusion *dizziness 	<ul style="list-style-type: none"> *Sweating *Nausea *Dizziness *Vomiting *Muscles cramps *Fainting 	<ul style="list-style-type: none"> *Confusion *Dizziness *Fainting *Nausea or vomiting *Muscle cramps *seizure
How to avoid it?/ first aid	<ul style="list-style-type: none"> *Drink water *Eat juicy fruits *Eat yogurt *Put sunblock *Carry umbrella *Drink juice or sports drink 	1)First aid kit + PPE + call 999 2) Let the patient lie in cool place 3)Cool the person by water spray & give them water	1)Call the emergency 2)Put the person in cool water to their neck. If you can not spray them with cool water 

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Lesson3 & 4: Snake bite / spider bites & scorpion stings

Environmental emergency	Snake bite	Spider bites & scorpion stings
<p>Effects on the body</p>	<p>It can:</p> <ul style="list-style-type: none"> ✓ Harm the nervous system. ✓ Harm the circulatory system. ✓ Increase or decrease blood pressure. ✓ Muscle failure & inability to clot blood. 	
<p>Signs</p>	<ul style="list-style-type: none"> ○ Special bite mark ○ Pain ○ Increasing pain ○ Swelling ○ Nausea ○ Vomiting ○ Sweating ○ Weakness 	<ul style="list-style-type: none"> ○ Pain / itching ○ Cramps in muscles ○ Headache ○ Fever ○ Vomiting ○ Difficulty breathing ○ Seizures ○ Become unresponsive (fainting) 
<p>First aid</p>	<ol style="list-style-type: none"> 1. Make sure the scene is safe.  2. Get the first aid kit out.  3. Wear PPE (Personal Protective Equipment) such as gloves.  4. Move people away and call 999.  5. Try to keep the patient calm & keep them in place. 6. Remove any tight jewelry.  7. Wash the area with water and soap and put icepack.  8. Give the emergency services any information (e.g. describe the snake/ spider/ scorpion) when they arrive. 	

Lesson5: insect sting:
 An insect bite may be serious if the person allergic.
 First aid for insect stings:
 1)Check the scene/ 2)get the first aid kit out & wear PPE/ 3)try to scratch the sting out with tweezers (don't squeeze it)
 4)Put icepack/ 5)monitor the patient for allergic signs (use adrenaline auto-injector) →



Unit 10: Conflict resolution

Lesson 1: The impact conflict can have on social health

What is conflict?

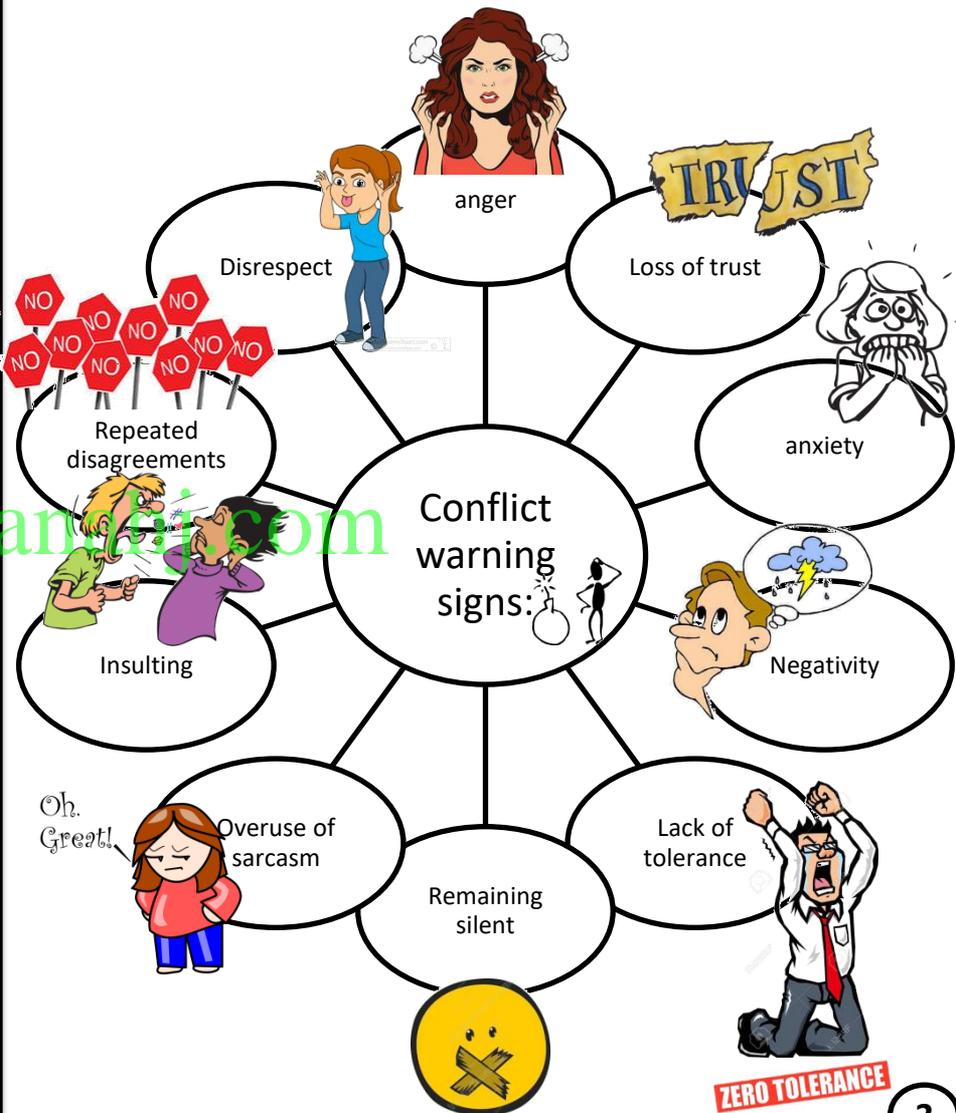
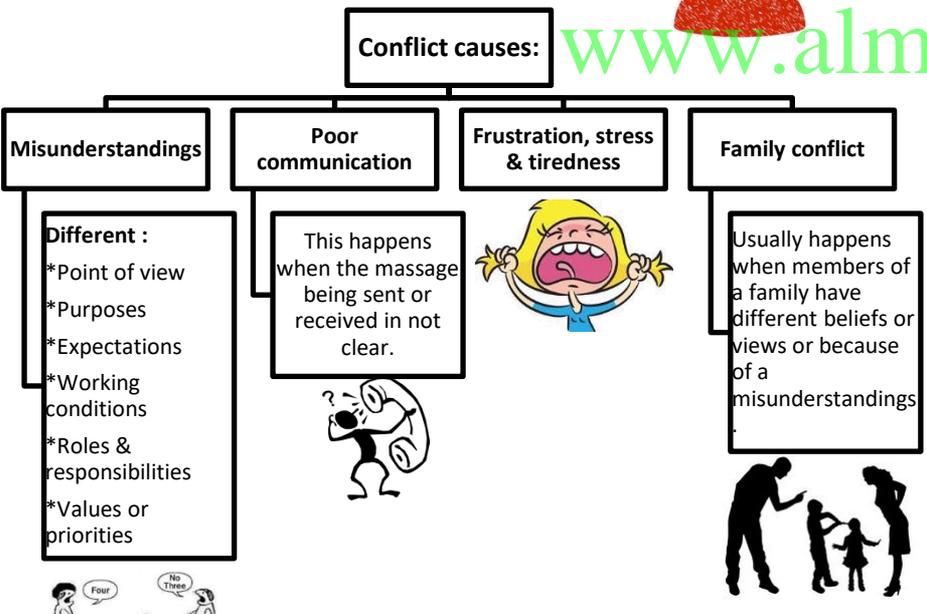
Conflict: a serious disagreement between two persons or a group of people where the person could feel threatened.

How does conflict affect your health?

Negative effect: if it is not resolved especially your social health.

Positive effect: if it is resolved successfully.

Lesson 2: Common causes of conflict



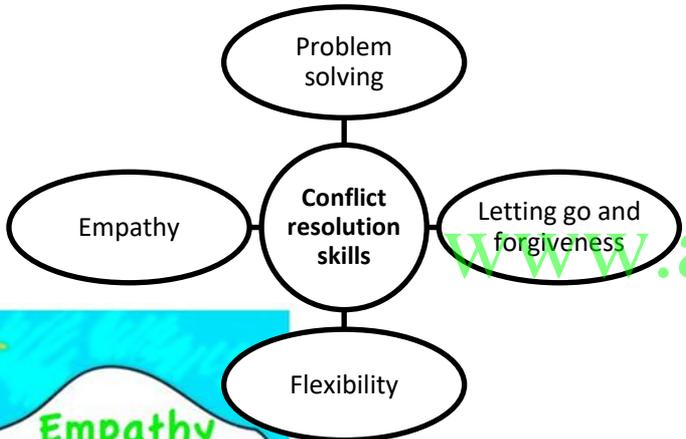
Unit10: Conflict resolution

Lesson3: How to deal with conflict: conflict resolution

What is conflict resolution?

Conflict resolution: a peaceful solution to a disagreement.

What are the skills needed to resolve a conflict?

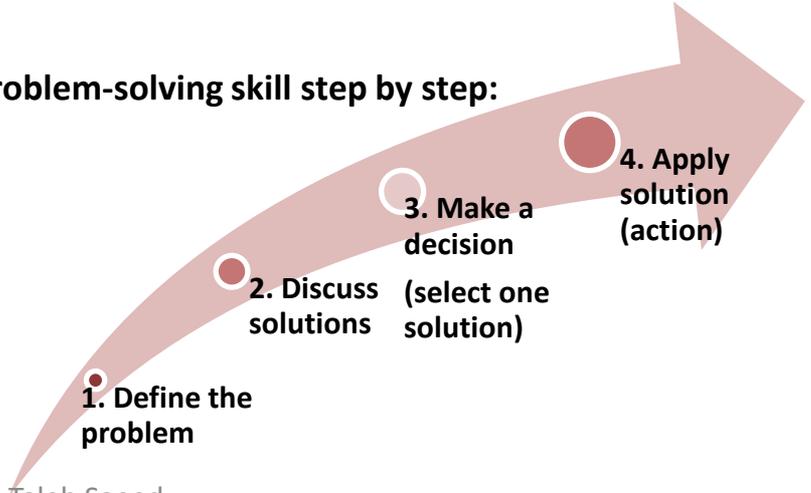


Empathy

- E** – Everbody needs somebody
- M** – Model and mirror
- P** – Put yourself in their shoes
- A** – Ask if you can help
- T** – Treat others the way you want to be treated
- H** – Hurtful or helpful
- Y** – You feel better and they feel better.

Conflict resolution skill	Definition
Problem solving	Try to solve the problem that caused the conflict.
Empathy	Understanding someone’s emotions. “putting yourself in someone else’s shoes”
Flexibility	Put in mind that the outcome is not fixed and could change.
Letting go	Knowing when to forget something because it is the best option.
Forgiveness	Forgetting the wrong things people do to you .

Problem-solving skill step by step:



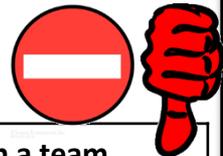
Unit10: Conflict resolution**Lesson4:** Assess your own conflict management style

Different styles of conflict management	Definition	When to use it?	Negative sides
Accommodating	When you cooperate a lot	Works well when the other person has <u>better solution</u>	May go against your own goals
Avoiding	When you Avoid the issue	*When the issue is not important. *When you know you will lose.	No one is reaching their goals
Collaborating	When you join together with another group or person to reach your goal (win-win result)	When you have common goals with the other party	*Requires a lot of trust . *Take a lot of time & effort.
Competing	When you are forceful about achieving your goals (win-lose result)	*When you want a quick result *Useful in emergencies	You may lose
Compromise	When neither person or group achieves everything they want (lose-lose result)	*When you need a temporary solution *When you are not too forceful and need cooperation *Useful when both sides have equally important goals	Might be easier, but collaboration produces better results

Unit10: Conflict resolution

Lesson5: Potential risk of escalating conflict

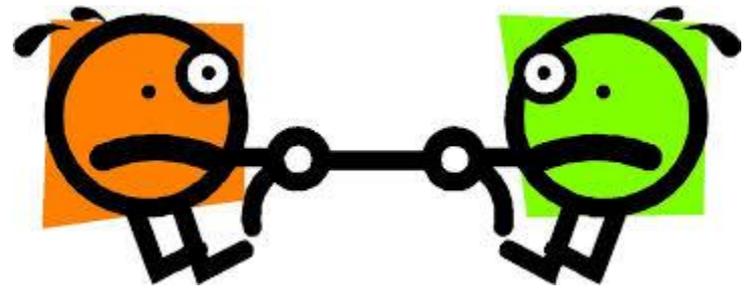
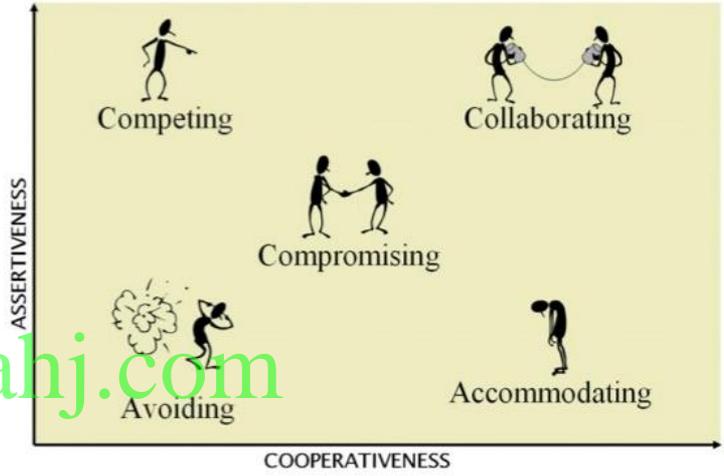
What happens when conflict is not resolved?



level	Personally	Within a team
Unresolved conflict effect	<ul style="list-style-type: none"> *Lose friends. *Family arguments. 	<ul style="list-style-type: none"> *Motivation & performance. *Miss work or school. *Make you feel stressed & sad. *Cause you to be aggressive or violent. *Waste time.

Everyone has a "fall back" response to conflict.
(It may not be the best response.)

Dealing With Conflict – Thomas/Kilmann model



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