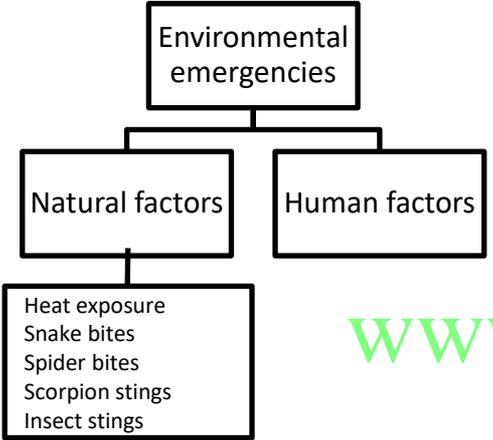


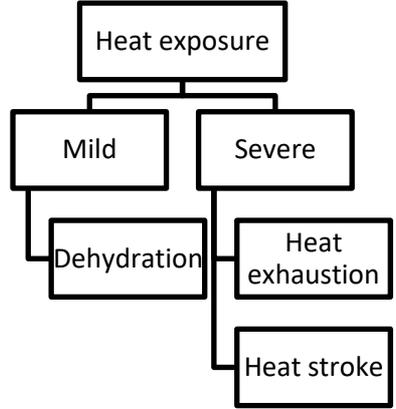
**Unit9: Environmental emergencies**

**Lesson1: environmental emergencies**

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



**Lesson2: Heat exposure**



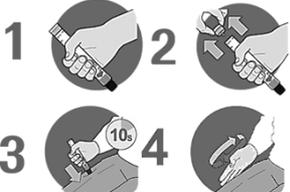
Emergency	Dehydration	Heat exhaustion	Heat stroke
Definition	No enough water in the body	Body overheat	Happens when dehydration & heat exhaustion in not treated & it is life threatening
Causes	<ul style="list-style-type: none"> <li>* Mild heat</li> <li>* Not drinking enough water</li> <li>* Playing sports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

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

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

**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) →



**Unit10: Conflict resolution**

**Lesson1: The impact conflict can have on social health**

**What is conflict?**

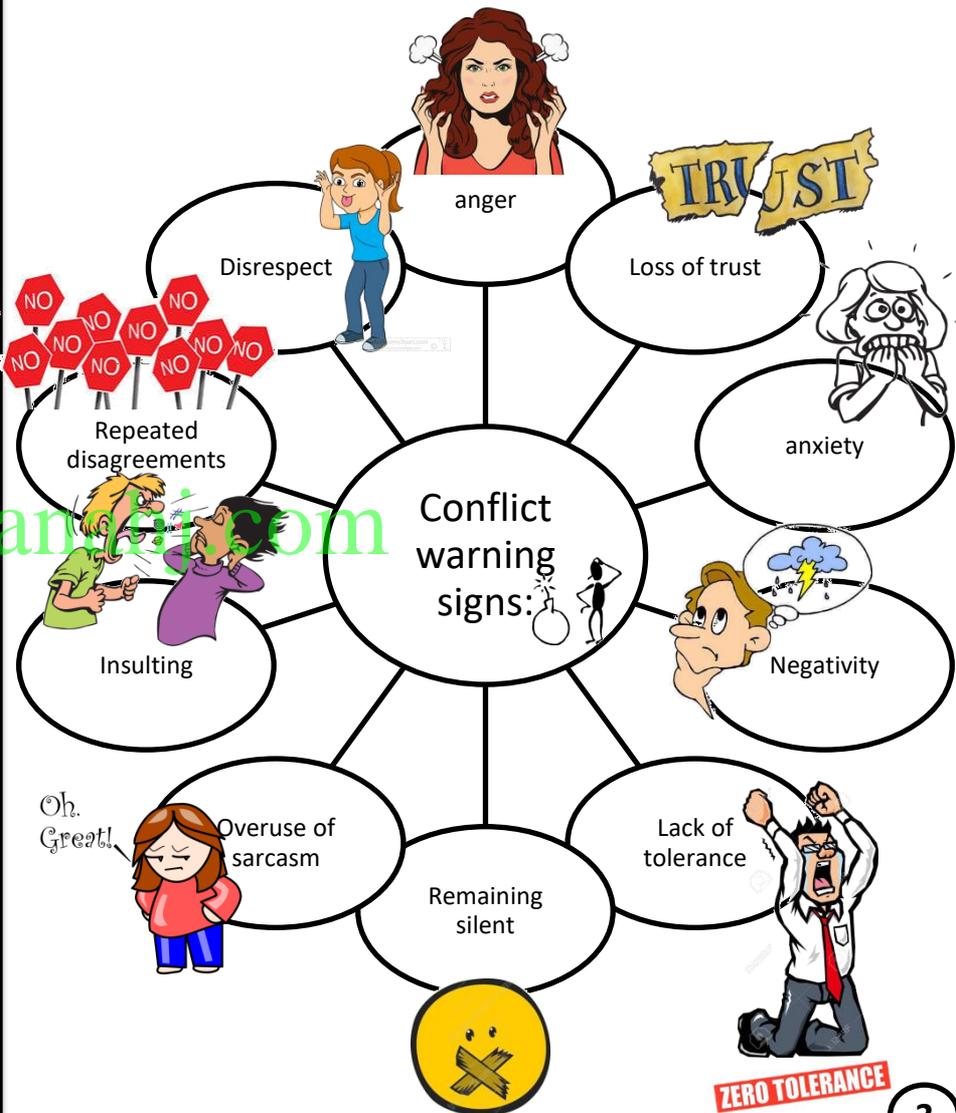
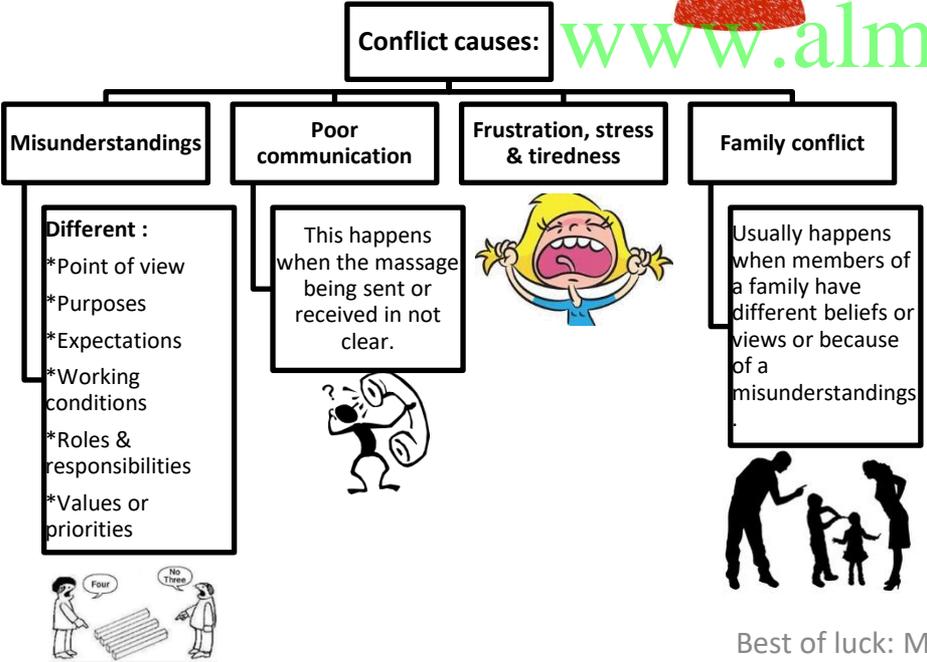
**Conflict:** a serious disagreement between two persons or a group of people where the person could feel threatened.

**How does conflict affect your health?**

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

Positive effect: if it is resolved successfully.

**Lesson2: Common causes of conflict**



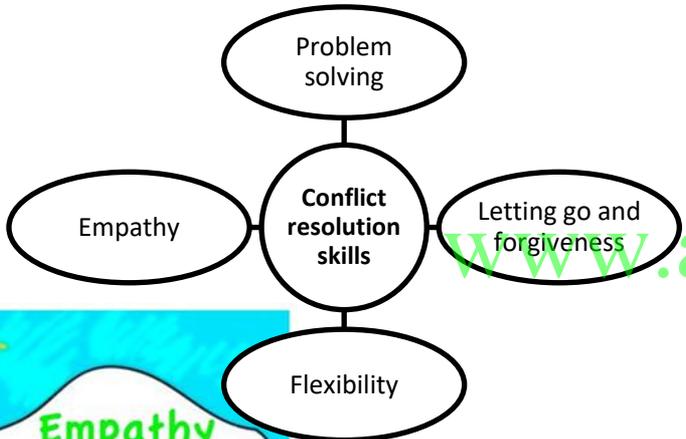
**Unit10:** Conflict resolution

**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?**

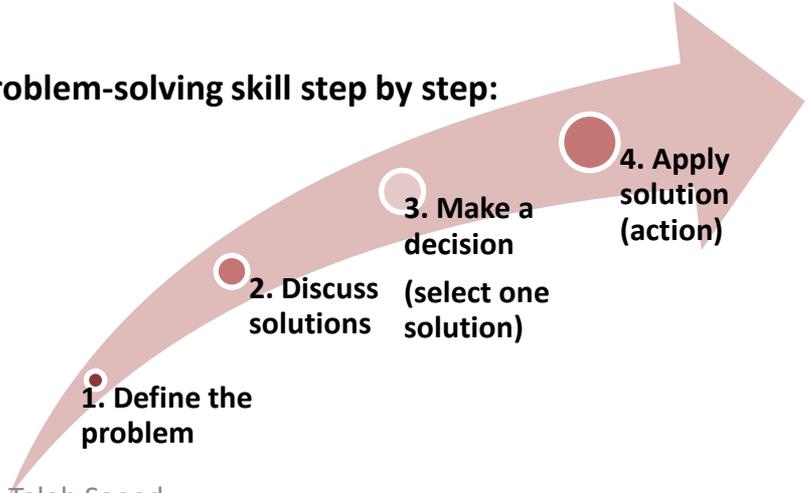


**Empathy**

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

**Problem-solving skill step by step:**



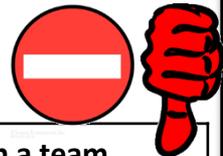
**Unit10:** Conflict resolution**Lesson4:** Assess your own conflict management style

<b>Different styles of conflict management</b>	<b>Definition</b>	<b>When to use it?</b>	<b>Negative sides</b>
<b>Accommodating</b>	When you cooperate a lot	Works well when the other person has <u>better solution</u>	May go against your own goals
<b>Avoiding</b>	When you Avoid the issue	*When the issue is not important. *When you know you will lose.	No one is reaching their goals
<b>Collaborating</b>	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.
<b>Competing</b>	When you are forceful about achieving your goals (win-lose result)	*When you want a quick result *Useful in emergencies	You may lose
<b>Compromise</b>	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"> <li>*Lose friends.</li> <li>*Family arguments.</li> </ul>	<ul style="list-style-type: none"> <li>*Motivation &amp; performance.</li> <li>*Miss work or school.</li> <li>*Make you feel stressed &amp; sad.</li> <li>*Cause you to be aggressive or violent.</li> <li>*Waste time.</li> </ul>

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

Dealing With Conflict – Thomas/Kilmann model

