

# DR ABC



FIRST AID FOR YOU AND ME - THE AWESOME NEW MAGAZINE FOR CHILDREN

£3.50

## CPR STEP-BY-STEP GUIDE

Discover how you can use first aid to help friends or family

LEARN ALL ABOUT YOUR ORGANS IN YOUR BODY



Do you know the recovery position?

Learn how to use a defib. It could save a life

PUZZLES

COMIC STRIP

FACTS

FUN

# WHAT IS A Defibrillator?



The correct name for a defibrillator is an **Automated External Defibrillator (or-tow-may-ted ex-tur-nul dee-fib-ril -ay-tur)** or **AED**, it is often just called a defibrillator or a defib for short.



There are many different types of defibs but they all do the same job

The defib will have a pouch with 2 sticky pads inside, they will have a picture on to show that you need to go onto skin, not on clothes.

If someone is not breathing they have to have CPR (cardio pulmonary resuscitation) performed upon them. CPR will help the casualty but does not restart the heart, so a defib is needed.

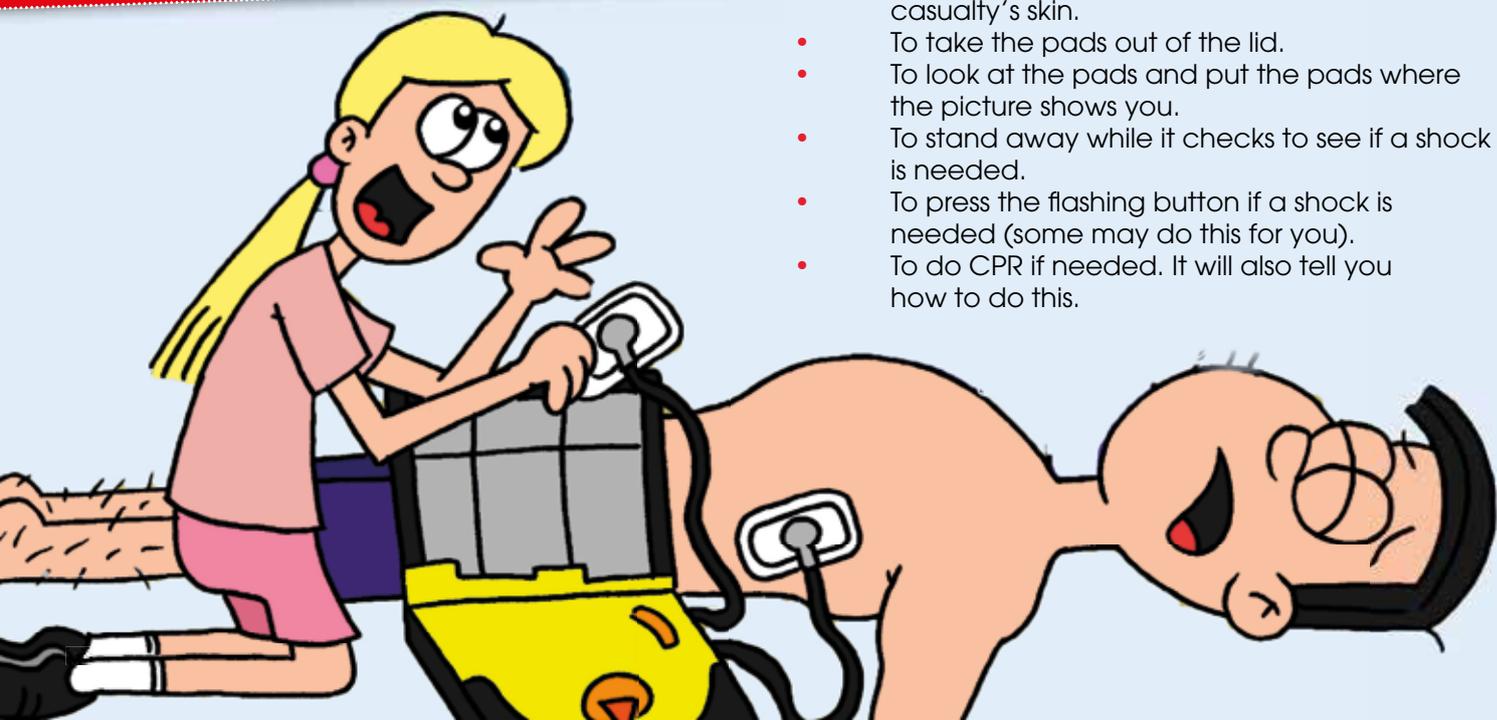
The defib will talk to you when you turn it on. Some turn on when the lid is opened, sometimes you have to press the "on" button. It tells you what to do and it will only give a shock to someone if they need one. **YOU WILL NOT SHOCK YOURSELF**, all you have to do is listen to the instructions.

## Remember:

- You are not able to hurt someone by using a defib on them.
- If the casualty is not breathing they need a defib.
- The defib can save a life but only if we remember to use them.

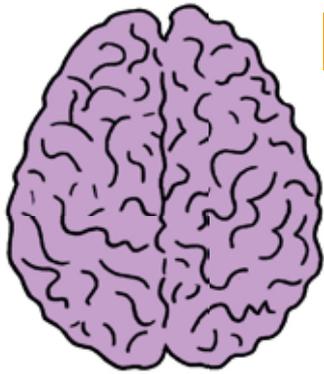
## The machine will tell you :

- To make sure you have called the emergency services (**999** or **112**).
- To take the clothing off the casualty's chest, this is so you can put the pads onto the casualty's skin.
- To take the pads out of the lid.
- To look at the pads and put the pads where the picture shows you.
- To stand away while it checks to see if a shock is needed.
- To press the flashing button if a shock is needed (some may do this for you).
- To do CPR if needed. It will also tell you how to do this.



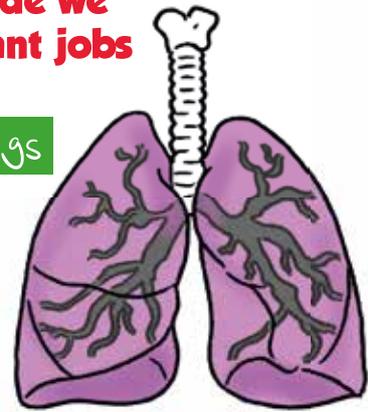
# Inside your body

**Humans may look different on the outside but inside we have the same organs and they all do some important jobs**



**Brain**

Your brain is the control centre of your body. It is in the skull. Your brain stores information, allows you to think and learn, it controls things like digestion, heart rate and breathing. The brain is so important, but it also very delicate. The brain is made of soft tissue and is only protected by the skull, which is why head injuries can be so serious.

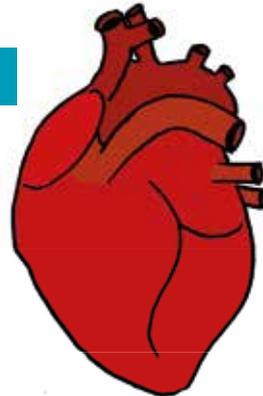


**Lungs**

You use your lungs to breathe. When you breathe in you pull oxygen into the lungs. This goes into the blood and is carried around our body. When we breathe out our lungs exhale carbon dioxide. Your lungs are two sponge-like, cone-shaped organs that fill most of your chest and are protected by your rib cage.

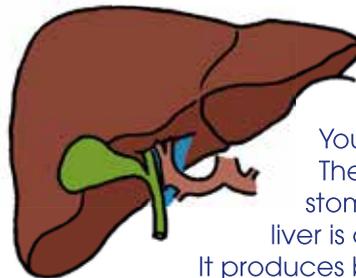
**Heart**

Your heart is the size of your fist and is in the centre of your chest just tilted towards the left. It is a hollow, muscular organ that pumps blood through the blood vessels by contracting repeatedly. The heart's job is to pump oxygenated blood throughout your body and receive deoxygenated blood back in return. Without your heart, your other organs would not receive oxygen or have carbon dioxide removed.



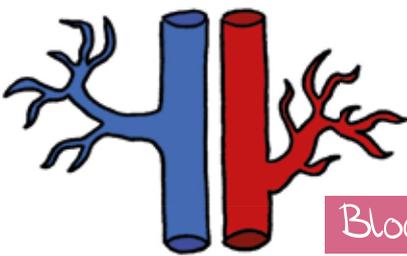
**Liver**

Your liver is your largest internal organ! The liver is on the right side of the stomach beneath the diaphragm. The liver is a busy organ and has several jobs. It produces bile to help you to digest food. Your liver filters toxins to stop us becoming poisoned. It releases sugar into the blood and gives us energy. The liver also breaks down fats.



**Blood Vessels**

There are three kinds of blood vessels: arteries, veins, and capillaries. The main job of your blood vessels is to carry blood through the body. Blood carries oxygen, nutrients, and waste that need to move around the body. The arteries carry blood away from the heart once it has become oxygenated and transport it to the rest of the body. The veins carry blood back to the heart from the body so it can collect more oxygen. Your capillaries are the smallest of the blood vessels. When you graze yourself it is the capillaries that bleed. The veins and arteries are deeper inside the skin.



Your kidneys are two bean-shaped organs located under the ribcage in your lower back, one on each side of the spine. Their function is to maintain the body's chemical balance by filtering waste products and excess fluid. This is called urine. The kidneys also help to regulate your blood pressure.

**Kidneys**

