



SOLT I Indonesian Module 5 Lesson 2

Student Manual

First Aid

DEFENSE LANGUAGE INSTITUTE
FOREIGN LANGUAGE CENTER





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At this end of this lesson, you will be able to engage in conversations related to applying first aid and identify items in a first aid kit. Below is the complete outline:

Apply First Aid

- Describe first aid procedures
- Describe CPR procedures
- Dress a wound

Identify Items in a First Aid Kit

- Describe the contents of a first aid kit
- Name items used in giving first aid
- Describe a toiletries bag

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TIP OF THE DAY

First Aid in Indonesia is called PPPK or P3K – an abbreviation of "*Pertolongan Pertama Pada Kecelakaan*." First aid box is required to be in schools, offices, etc. but still some small offices do not have this.
Most Indonesians do not know how to do *Pernafasan Buatan* (CPR); only paramedics have this skill.

Apply First Aid

Scenario (Pair Work)

In the scenario, Sergeant Wawan and Sergeant Andri are driving around on a Sunday morning while having their day off. Suddenly they see a motorcycle slipping and the rider falls off. Your instructor will model the scenario for you. Then, practice the scenario with your partner.

Sersan Wawan: Andri, hentikan mobil! Ada kecelakaan di depan.
Sersan Andri: Oh ya. Tunggu aku pinggirkan mobil dulu.

(*They pull over and run to the scene*)

Sersan Wawan: Kelihatannya laki-laki ini mengalami pendarahan di kakinya. Dia juga pingsan. Tolong ambilkan kotak PPPK di dalam mobil.
Sersan Andri: Baik (*Sergeant Andri takes the first aid box and runs back to the scene.*)
Sersan Wawan: Sekarang kita harus membuat dia siuman dari pingsannya
Sersan Andri: Pertama dia harus kita tempatkan di tempat teduh. Kita angkat dia ke bawah pohon itu.

(They move the victim under the tree.)

Sersan Wawan: Andri, longgarkan ikat pinggangnya supaya pernafasannya lancar.
Sersan Andri: Apakah ada minyak angin di kotak PPPK ini? Kita perlu bau yang keras untuk membuat dia siuman.
Sersan Wawan: Aku rasa ada. Itu di dalam botol kecil berwarna putih. Tolong oleskan minyak itu di bawah hidungnya supaya dia siuman.

(Sergeant Andri puts the oil under the victim's nose, and he wakes up.)

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Exercise 1 (Pair Work)

Based on the conversation above, answer the following questions. Then, compare the answers with your partner.

1. According to the conversation in the scenario, what are the steps to make an unconsious person become consious?

Exercise 2 (Group Work)

Working in a group of three or four, come up with a similar situation as in the scenario. Each group will have a chance to perform the scenario in front of the class.

Exercise 3 (Pair Work)

Answer the questions by choosing the correct answers based on the conversation below. After that, compare your answers with your partner.

The victim is consious, and he is bleeding on his right leg.

Sersan Wawan:	Tolong angkat kakinya supaya darah berhenti mengalir. Apakah ada perban di kotak ini?
Sersan Andri:	Ada, tadi aku lihat. Perbannya ada di dalam plastik.
Sersan Wawan:	Aku akan menggunakan alkohol untuk membersihkan lukanya. Tahan ya, Pak!
Korban:	Iya.
Sersan Wawan:	Lukanya cukup dalam dan aku rasa dia mengalami patah tulang.
Sersan Andri:	Sebaiknya kita bawa dia ke Rumah Sakit
Sersan Wawan:	Aku akan membalut lukanya dengan perban dan kita bawa dia ke Rumah Sakit.
Korban:	Bagaimana dengan motor saya?
Sersan Andri:	Saya akan mengendarai motor Bapak ke Rumah Sakit dan memberitahu keluarga Bapak. Ada nomor telepon yang bisa saya hubungi?
Korban:	Tolong hubungi anak saya Joko nomor teleponnya 453112.

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Exercise 3 (Pair Work) (Continued)

Questions:

1. Mengapa Sersan Wawan meminta agar kaki korban yang luka diangkat?

_____

2. Apa yang digunakan untuk membersihkan luka?

_____

3. Apa yang Sersan Wawan lakukan setelah luka dibersihkan?

_____

4. Mengapa mereka membawa korban ke Rumah Sakit?

_____

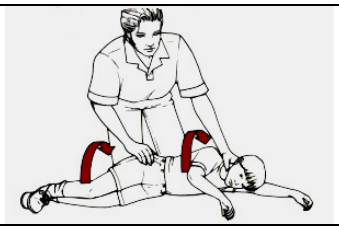
5. Siapa yang akan dihubungi Sersan Andri?

_____

Exercise 4 (Pair Work)

A. The pictures on the left column are steps for performing *RJP* (*Resusitasi Jantung Paru* - Cardio Pulmonary Resuscitation (CPR)) following an accident. Find the matching descriptions for each step from the column on the right.

B. Create a conversation based on the steps with your partner.

1.	 	**A**. Letakkan satu tangan di atas kepala dan tangan yang lain memeriksa denyut nadi.
2.	 	**B**. Pastikan apakah korban masih bernafas atau tidak. Periksa pernafasannya
3		**C**. Baringkan korban pada posisi terlentang dan buka mulut korban dengan dua tangan untuk membuka saluran pernafasannya.

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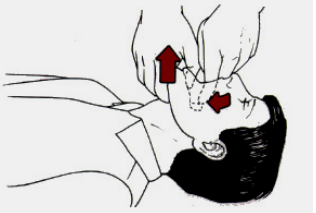
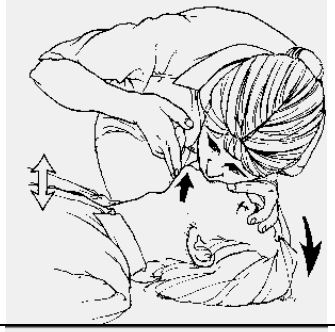
Exercise 4 (Pair Work) (Continued)

4		**D**. Telepon ambulan atau Rumah Sakit
5		**E**. Lihat keadaan apakah aman untuk melakukan pernafasan buatan. Seperti tidak ada kabel listrik.
6		**F**. Lihat keadaan korban, apakah dia pingsan atau tidak. Gerak-gerakkan korban untuk mendapat respon
7		**G**. Tekan dada korban dengan kedua tangan
8		**H**. Tiupkan udara ke mulut korban

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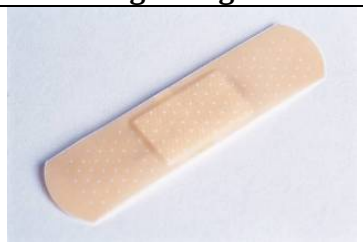
Identify Items in a First Aid Kit

Find the English equivalents of the following items, which can be found in a typical first aid kit in Indonesia. Share your findings with the rest of the class.

		
sarung tangan	**gunting**	**pinset**
		
perban	**tensoplas**	**obat sakit kepala**
		
kain kasa	**termometer**	**kapas**
		
salep	**minyak angin**	**alkohol (antiseptik)**

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TIP OF THE DAY

Some typical items in the first aid kit in Indonesia are: bandage, *Betadine* (antiseptic), alcohol, cotton, ointment, aromatherapy oil, and drugs for headache (*obat sakit kepala*). Aspirin is not a commonly used drug.

Exercise 5 (Pair Work)

Each pair will be given a list of first aid items, a pile of cards with pictures of the items and an empty box. Looking at the list, take turns in asking for an item. You do not have to follow the order of the items on the list. The card that has been mentioned should be put into the box. Use alternately the following two structures:

Tolong ambilkan betadinenya. (Please get me the *betadine* - this means the card should be given to the person asking)
Tolong masukkan betadinenya (ke dalam kotak). (Please put the *betadine* in the box).

Continue until all of the cards are inside the box. Now, take turns asking again using alternately the first structure above and the following:

Tolong keluarkan betadinenya (dari dalam kotak). (Please take out the betadine from the box).

Exercise 6 (Pair Work)

Describe one of first aid items without mentioning the name of the item. Your partner will try to guess the name of the items. Do this activity several times by taking turns with your partner.

_____

_____

_____

_____

_____

_____

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Exercise 7 (Pair Work)

Look at the picture below. Name each of the items in the first aid box, and then compare your answer with your partner.



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Exercise 8 (Pair Work)

A. Practice the following conversation with your partner and take turns.



Sinta and Andi are going to go for a vacation in Bali tomorrow. Now they are checking the toiletries bags.

Sinta: Mas, kamu sudah bawa pisau cukur kamu belum?
Anto: Aku pikir sudah. Sudah aku masukkan ke dalam tas.
Sinta: Bagaimana dengan sikat dan pasta giginya?
Anto: Sudah juga. Juga aku masukkan sabun dan shampoo.
Sinta: Apakah kita perlu membawa gunting?
Anto: Boleh juga. Eh, jangan lupa sisir rambut. Itu, tolong ambilkan sisir yang di dekat kaca.
Sinta: Oh ya, di Bali sangat panas, jadi aku perlu tabir surya untuk ke pantai.
Anto: Wah, nggak ada tabir surya di sini.
Sinta: Kamu mau beli filem dan baterei untuk kameramu, kan? Tolong belikan tabir surya ya?
Anto: Baiklah.

B. From the conversation, write down the items for their toileteries bag.

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Exercise 9 (Pair Work)

Now, do you still remember the items in Sinta and Anto's toiletries bag? Write down each name under the picture, and then discuss them with your partner.

		
1……..	2……	3……
		
4…….	5…….	6…….
		
7……..	8……	9……

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Exercise 10

The following article addresses the method of dressing wounds and the common ways wounds have been treated in Indonesia. Mercurochrome (contains organic mercury), known as *obat merah* (lit. red medicine), *bubuk sulfa* (sulfanilamide) and *boorwater* (boracic solution) have been widely used to treat wounds. According to the article, these practices may cause problems.

A. (Group Work) Working in groups, render the meaning of the article. Discuss your finding with the rest of the class.
B. (Pair Work) Working in pairs, develop simple steps for dressing wounds based on the article. Be ready to present them in front of the class when your instructor calls you.





Luka baru, terutama yang kotor, sebaiknya dibersihkan dengan air dan sabun.Kemudian segera dikeringkan dengan kain bersih, bukan tisu. Soalnya, serpihan tisu atau bahan apa saja, yang menempel di atas luka dapatmerupakan tempat kuman berkembang biak, sehingga menghalangi tumbuhnya jaringan granulasi. Bila luka hanya di permukaan dan terdapat di bagian tidak bergerak, maka kadang-kadang baik untuk membiarkan luka terbuka. Cara ini membuat penyembuhannya lebih cepat. Antiseptik atau salep antibiotik sering tidak diperlukan, bila lukanya bersih. Namun, bila lukanya dalam atau kotor sebaiknya ditutup dengan kasa steril;jangan menggunakan kapas dengan alasan di atas. Perdarahan sebaiknya dihentikan dengan cara menekan di tempat darah keluar menggunakan kain kasa (steril bila ada), dan baru dilepas bila perdarahan sudah berhenti. Kita masih sering mengobati luka dengan "obat merah" berisi larutan merkurokrom, yang dapat berguna untuk membuat luka (basah) menjadi kering. Mungkin, satu kali pemberian sudah cukup. Kini sebenarnya merkurokrom tidak dibolehkan lagi, karena mengandung senyawa merkuri organik, yang dianggap sangat toksis terhadap otak. Sama halnya dengan boorwater, yang juga sudah tidak dibenarkan lagi untuk mencuci luka atau mata (ataupun sebagai zat pengawet dalam makanan), karena kandungan garam borium juga toksis terhadap saraf. Boorwater juga tidak terlalu efektif untuk luka. Bubuk sulfa untuk ditaburkan di atas luka sekarang pun tidak dianjurkan lagi; hipersensitivitas kulit terhadap sulfa sangat dikhawatirkan. Jadi bagaimana? Luka basah sebaiknya dikompres dengan larutan permangan (larutan 1 per 10.000) atau rivanol (larutan 1 per seribu). Lagi-lagi, gunakan kain kasa dan bukan kapas.

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Imperative Sentences (2)

In Module 3 Lesson 1 you have learned how to express invitation using *silakan, mari,* and *ayo*. These structures are called imperative structures. Without these helping words, the invitation becomes a command. You have also learned how to express negative command or to tell people not to do something using the word *jangan* in a sentence. Observe the following examples and see how in imperative sentences the prefix *me(n)-* is dropped. Note also the similar process in verbs with the affix *me-kan* and *me- i* such as *mengoleskan* (root: *oles*), *menggunakan* (root: *guna*) and *memegangi* (root: *pegang* - meaning to hold).

*Prada Joni akan **meng**ambil gunting itu.*
(Imperative) *Ambil gunting itu!*

*Saya mau (**mem**)beli obat tradisional itu.*
(Imperative) *Ayo beli obat tradisional ini, Pak!*

*Saya akan **meng**oles**kan** minyak angin di tubuhnya.*
(Imperative) *Jangan oles**kan** minyak angin di tubuhnya!*

*Para penumpang **meng**guna**kan** pintu nomor tiga.*
*(Imperative) Silakan guna**kan** pintu nomor tiga.*

Bu Marni minum obat.
(Imperative) *Mari minum obat, Bu!*

*Dokter **me**megang**i** pasien dengan dua tangannya.*
(Imperative) *Pegang**i** pasien ini!*

In this lesson you encounter another helping word for expressing command namely "*tolong*". As a verb it means "to help". When used in an imperative, it implies **a request** to the listener to perform the action in the verb. Note the following example.

In the following sentence, the speaker **invites** the listener to enter the house. Note that in place of *silakan, mari* and *ayo* could also be used with similar effect.

Silakan masuk, Pak. (Please come in, Sir).

In the following sentence, the speaker is **requesting**, or even pleading the listener to buy the fruit.

Tolong beli buahnya Pak. Anak saya sudah dua hari tidak makan. (Please, Sir, buy the fruit. My son has not eaten for two days.)

The word *coba* can be used in place of *tolong* with the same effect.

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Exercise 1 (Pair Work)

Create three sentences in each table below and then compare your sentences with your partner. Use the following words as bases for your verbs: jual, makan, guna, oles, taruh, pakai, longgar,

tolong/coba	1. …….. 2. …….. 3. ……..
silakan	1. …….. 2. …….. 3. ……..
jangan	1. …….. 2. …….. 3. ……..

Double Transitive Verbs

When combined with the affix *me-kan*, verbs that are already transitive can either become a transitive verbs with different meaning or double transitive verbs. On this lesson you encounter some double transitive verbs. This means that each verb is impacting two entities, the first one being the main and the second that follows being the complement. Observe the following sentences.

1. *Andi* *membeli* *buku itu* *untuk saya.* (Lit. Andi bought the book for me).
   S P O K
2. *Andi* ***membelikan*** *saya* *buku itu.* (Lit. Andi bought me that book).
   S P O1 O2

3. *Ibu* *mengambil* *buku itu* *untuk dia* (Lit. Mother got the book for him)
   S P O K
4. *Ibu* ***mengambilkan*** *dia* *buku itu.* (Mother got the book for him - Lit Mother got him the book)
   S P O1 O2

Observe also the following passive forms of the sentences:

1. Buku itu dibeli Andi untuk saya.
   S P O K
2. *Saya* ***dibelikan*** *Andi* *buku itu.*
   S P O1 O2

3. Buku itu diambil ibu untuk dia.
   S P O K
4. *Dia* ***diambilkan*** *Ibu* *buku itu.*
   S P O1 O2

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In the above examples it should be clear that in sentences number 2 and 4 the book is the complementary entity. In the 1st and 3rd sentences it is the book that is directly impacted by the verbs, and the preposition *untuk* (for) is needed to bring in the other entity. No preposition is needed in sentences number 2 and 4. Another root words that behave similarly are, for example, *panggil* (to call), *telepon* (to phone), *buat* (to make), *masak* (to cook), *bawa* (to bring)

Because in sentences 2 and 4 the main entity (*saya, dia*) benefits from the action performed by *Andi* and *Ibu*, this structure is also called benefactive structure.

The verb "(*mem*)*beri*" (to give) is a special case. It is already a double transitive verb, and the addition of *me-kan* makes the verb a regular transitive. Thus the situation is an exact opposite of the examples above. Observe the following examples:

Ibu	*memberi*	*saya*	*buku itu.*	(Lit. Mother gave me the book).
S	P	O1	O2	
Ibu	***memberikan***	*buku itu*	*kepada saya.*	(Lit. Mother gave the book to me).
S	P	O	K	

Note how the preposition *kepada* (to, toward) is needed in the second sentence to bring in the second entity "saya" into the picture. Note also how the entities directly impacted by the verbs differ. The entity directly impacted by the verb *memberi* is the person who receives, while in the case of the verb *memberikan* it is the thing that is being transferred.

Exercise 2 (Class Work)

A. Select the correct nouns or pronouns in the parentheses so that the sentences make sense. Then, discuss the meaning of each sentence with the rest of the class.

1. Andi akan membeli (buah, saya) untuk (buah, saya).

_____

2. (perban itu, kami) dibeli oleh Pak Parimin untuk (perban, kami).

_____

3. Partimin membelikan (tensoplas, Parjono) (tensoplas, Parjono).

_____

4. (Pinset, Maria) dibelikan (pinset, Parjono, Maria) (pinset, Parjono, Maria).

_____

5. (Pak Marno, termometer) mengambilkan (saya, termometer) (saya, termometer).

_____

6. Martinus mengambil (kain kasa, saya) untuk (kain kasa, saya).

_____

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Exercise 2 (Class Work) (Continued)

7. (sarung tangan itu, saya) diberikan (Pak Marno, saya, sarung tangan itu) kepada (Pak Marno, saya, sarung tangan itu).

_____

8. (Marina, Dito, salep) memberi (Marina, Dito, salep itu) (Marina, Dito, salep itu).

_____

B. Find the verbs in the sentences, and then create new sentences using those verbs. Share them with the rest of the class.

Imperative-Benefactive Construction

When used in an imperative, most double transitive verbs would use the word "tolong". This construction is used for asking for favors. When the person benefiting from the requested action is known (i.e. the speaker), the entity directly impacted by the verb is usually dropped, as apparent in the fourth sentence below.

1. Sersan Wawan mengambilkan **dia** kotak PPK itu. (Sgt. Wawan got her/him the first aid box).
2. *Tolong ambilkan **dia** kotak PPPK itu.* (Please get him/her that first aid box!)

3. *Sersan Wawan mengambilkan **saya** kotak PPPK itu.* (Sgt. Wawan got me the first aid box.).
4. *Tolong ambilkan kotak PPPK itu!* (Please get the first aid box!)

Exercise 3 (Pair Work)

Using the expressions in this section, create a conversation about asking “favors” with your partner, and then practice it.

_____

_____

_____

_____

_____

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Exercise 4 (Pair Work)

Fill in the blanks with the appropriate words provided.

Coba Berapa Tolong Api Berbahaya Jangan

A: Lihat ada kebakaran di sana. _____ dekat-dekat! _____!

B: Jangan khawatir aku bisa menjaga diri.

A: _____ panggil pemadam kebakaran! Kelihatannya _____ akan semakin besar.

B: _____ nomor telepon pemadam kebakaran?

A: Aku lupa. _____, cari saja di buku telepon!

B: Baiklah.

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Nouns

alkohol	alcohol
ambulan	ambulance
antibiotik	antibiotic
asma	asthma
balsem	hot ointment
benjol	bump
darurat	emergency
denyut	pulse
deodoran	deodorant
dosis	dosage
flos	dental floss
gunting	scissors
kapas	cotton
kapsul	capsule
kompres	compress
korban	victim
kosmetik	cosmetics
krim	cream
losion	lotion
luka	wound
minyak wangi	perfume
nafas	breath
papan	board
pendarahan	bleeding
peniti	safety pin
perban	bandage (big one)
pergeseran/dislokasi	dislocation
pernafasan	breathing
pinset	tweezers
pisau cukur	razor
salep	ointment
saluran pernafasan	airway
sirup	syrup
tabir surya	sun block
telungkup	face downward
tengkurap	face downward
tensoplas	bandage (small one)
terlentang	face upward
tulang	bone

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Verbs

balut	to dress
(mem)belikan (*root*: beli)	to buy something for somebody
(meng)ambilkan (*root*: ambil)	to get something for somebody
angkat	to lift, to carry
ikat	to tie
kompres	to compress
lepuh	to blister
lipat	to fold
menghentikan (*root*: henti)	to stop something
mengobati (*root*: obat)	to medicate
oles	to spread
patah	to break
sandar	to lean
tekan	to press
tiup	to blow

Adjective

alergi	allergic
gatal	itchy
lancar	without difficulty
longgar	loose
patah	broken
pingsan	unconscious
sadar	conscious
siuman	conscious
teduh	shaded

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The first aid training is usually given to students when they join *Pramuka* (boys & girls scouts). Every school child in Indonesia must become a part of this organization. During this time the children receive training about how to dress wounds, to make people conscious from unconsciousness, treat broken bone, etc. CPR is not given in this training.



Students can also attend an extra curricular activity club which is sponsored by PMI (*Palang Merah Indonesia* – Indonesian Red Cross). This club is called PMR (*Palang Merah Remaja* - Youth Red Cross). PMI personnel will train the students to carry out first aids. There is one big event in Indonesia called *Jambore Nasional* for students from all provinces in Indonesia who participate in the first aid extra curricular. In this jamboree, they compete with other representatives from different provinces in doing the first aid activities.

A more advanced training is given for those who join the outdoor sports clubs such as rock climbing, white water rafting, hunting, hiking, or mountain climbing. They usually have more knowledge about first aid training. Some universities have *tim SAR* (Search and Rescue Team) manned by students. These volunteer groups would work with government agencies in the event that the safety of the public is in danger.



Anggota Pramuka sedang dilatih oleh PMI.



Relawan PMI melatih anggota PMR dari sekolah dasar untuk mengenali bencana secara dini.

In 2002, various Indonesian Moslem groups met and came up with BMI (*Bulan Sabit Merah Indonesia*- Indonesian Red crescent). The red crescent is a symbol used by

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similar organizations that perform voluntary health services for the wounded, the sick and the homeless in Moslem states in the world such as Malaysia and Saudi Arabia. Thus, BMI has the same character as the older PMI which was formally founded in 1945. (PMI's predecessor, *Nederland Rode Kruis Afdeling Indie* or *Nerkai* was founded in 1873).

Other than the fact that it is formed and funded by Islamic organizations, BMI's mission is based on universal humanitarianism which is no different than the PMI. In fact, presently PMI and BMI hold yearly national conferences together.

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Apply First Aid

Activity 1 (Group Work)

Form a group of three. One student will play the role as a patient/victim of an accident. Make up the injury that he/she has. The other two will play the roles as paramedics who will give first aid. Perform the role-play in front of the class.

Activity 2 (Pair Work)

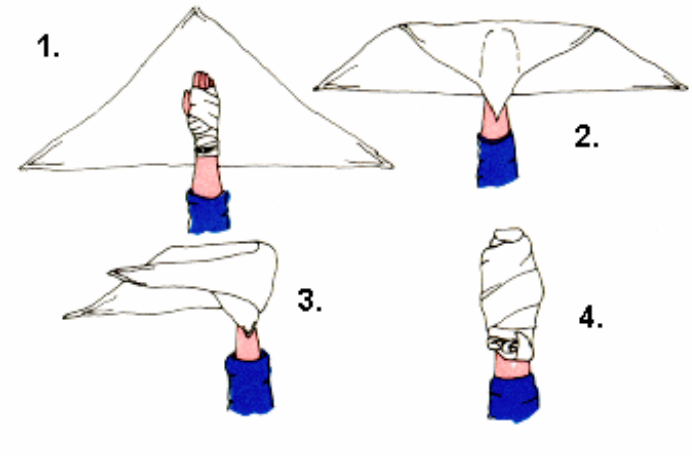
Someone has been bitten by a poisonous snake. Which first aid procedure applies for this situation? Write down the procedure in 10 minutes. After the 10 minutes, exchange your note with your partner. He/she will correct your note such as the grammar, spelling, content, etc. Return the note again to your partner, and then discuss it with him/her.

Activity 3 (Group Work)

Form a group of three. One person will be the victim who needs to receive CPR, one person will be the one who gives CPR, and the other will be the note taker. Conduct a CPR (don't have to be a real one), the person giving the CPR should dictate to the note taker the procedure of giving CPR. The note taker will write it down. Take turns in doing this activity until all members had a turn. Afterwards, compare the notes and discuss them.

Activity 4 (Pair Work)

Based on the picture below, explain to your partner the procedures of dressing a wound using a triangle bandage. Take turns doing this activity.



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Identify Items in a First Aid Kit

Activity 5 (Pair Work)

Go with your partner to the nearest first aid box (can be in the classroom, office, clinic, etc). Write down the items in that box. What do you think is missing? List them, if any, as well.

Activity 6 (Group Work)

You are going in a mission into deep jungle where you are not allowed to bring lots of things. List the things that you need to bring especially the first aid kit that meet your needs. Discuss the list with your partner.

Activity 7 (Pair Work)

Take turns in asking and answering questions about items in your partner's toiletries bag. Write down the items and identify the items that you don't have but your partner has. Your partner should do the same thing.

Activity 8 (Pair Work)

Read the passage below about Palang Merah Indonesia (Indonesian Red Cross) and answer the questions that follow. Afterwards, compare your answers with your partner.

Palang Merah Indonesia adalah organisasi yang netral dan independen, yang melakukan kegiatannya kemanusiaan, kesukarelaan, kenetralan, kesamaan, kemandirian, dan kesatuan.
Palang Merah Indonesia tidak melibatkan diri/berpihak pada golongan politik, ras, suku ataupun agama tertentu. Dalam pelaksanaannya tidak melakukan pembedaan tetapi mengutamakan objek korban yang paling membutuhkan pertolongan segera untuk keselamatan jiwanya.

Dalam melaksanakan program bantuan, PMI mempunyai beberapa prinsip bantuan antara lain:
1. Darurat
Seperti fungsi Perhimpunan Nasional Palang Merah di negara-negara lain, bantuan penanggulangan bencana yang diberikan kepada korban bencana bersifat darurat dan bersifat komplimen/tambahan untuk membantu pemerintah dalam meringankan penderitaan korban bencana (auxiliary to the government)

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Activity 8 (Pair Work)(Continued)

2. Langsung
Bantuan PMI harus diberikan secara langsung oleh tenaga PMI kepada korban bencana, tanpa perantara, sehingga dapat langsung dirasakan oleh para korban.

3. Beridentitas Palang Merah
Untuk memudahkan pengenalan, pengendalian, pengawasan dan untuk meningkatkan citra PMI, serta kepercayaan donatur, Petugas PMI dalam penanggulangan korban bencana harus memakai tanda Palang Merah (PMI). Hal ini juga dilakukan pada tempat, sarana dan fasilitas yang digunakan oleh PMI di lapangan.

4. Materi Bantuan
Bantuan PMI kepada korban bencana adalah dalam bentuk Material (pangan atau non-pangan) dan Jasa (pendampingan, konseling dan advokasi)



Questions:

1. Mengapa PMI tidak melibatkan diri/berpihak kepada golongan politik, agama, ras, atau suku tertentu?

_____

2. Apa prinsip bantuan darurat yang diberikan PMI?

_____

3. Apa yang harus dilakukan petugas PMI ketika memberikan bantuan?

_____

4. Apa bantuan PMI dalam bentuk material?

_____

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Apply First Aid

Activity 1 (Pair Work)

Pretend that your guest has cut himself/herself while he/she is visiting you. You don't know anything about the first aid procedure. Call your partner who happens to be a paramedic, and ask him/her what you need to do. Your partner will answer your call and give you step-by-step of how to deal with the situation.

Activity 2 (Pair Work)

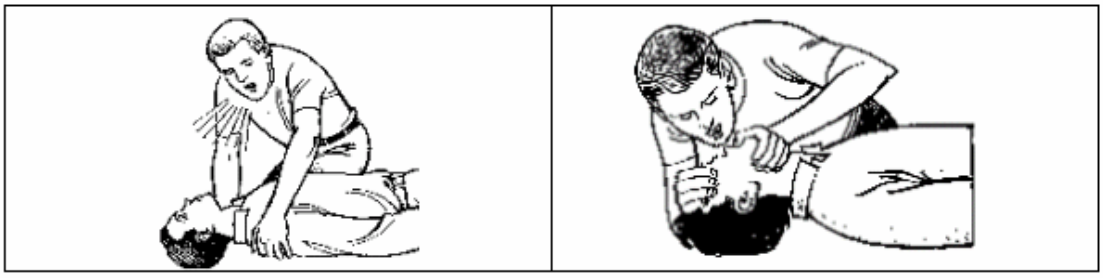
A. Take turns in interviewing your partner about his/her past injury. Add two or more questions to the list of questions below.

1. Apakah kamu pernah terluka?
2. Apakah lukamu parah?
3. Kapan kamu terluka?
4. _____
5. _____
6. _____

B. After you have interviewed your partner, tell your partner's story to the class based on the answers of the listed questions above.

Activity 3 (Group Work)

Form a group of three. Each group will discuss the CPR procedure based on the pictures below. After each group has finished doing this activity, appoint a representative to present the results of the discussion. Be prepared to answer other groups' questions.



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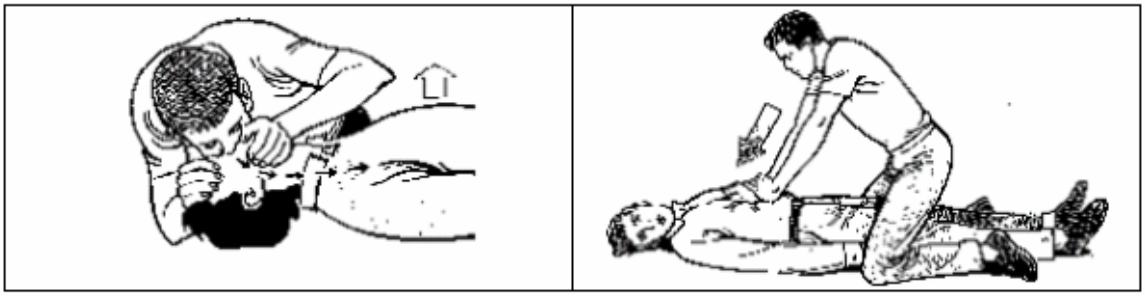
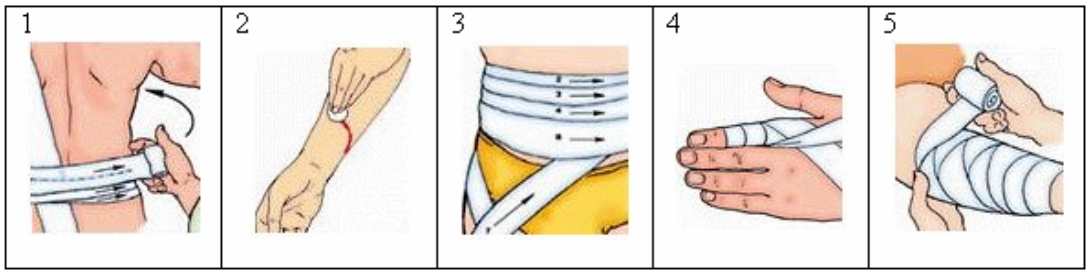


Activity 4 (Pair Work)

Choose of the injuries below, but you cannot have the same injury as your partner has Then tell your partner how to dress that particular injury. Be prepared to answer your partner's questions and feedbacks. After you have done this activity, choose another injury and do the same activity again.



Identify Items in a First Aid Kit

Activity 5 (Pair Work)

Your unit is going for a mission in Indonesia where you will be based in a tropical jungle. Discuss with your friends what kind of first aid items you need to bring that suit the condition.

Activity 6 (Group Work)

Divide the class into four groups. You will be given 20 first aid items, but only 10 can be taken on your mission in Indonesia. Choose 10 out of those twenty items and order them based on the necessity. Discuss this within your group, and then one student in each group presents the results of the discussion in front of the class. Be prepared to answer other groups' questions.

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Activity 6 (Group Work) (Continued)

1. Peniti	2. Kapas
3. Alkohol	4. Perban
5. Pinset	6. Gunting
7. Tensoplas	8. Antiseptik
9. Selimut	10. Kompres
11. Jarum suntik	12. Suntik
13. Benang	14. Obat sakit kepala
15. Obat sakit perut	16. Obat penenang (anestetik)
17. Salep luka bakar	18. Tabir surya
19. Flos	20. Cotton buds

Activity 7 (Group Work)

Divide the class into two groups. Each group will discuss the importance of a first aid kit in the field during military operations. Each group will take notes of the results of the discussion. Once you are done, appoint somebody in the group to present the results of the discussion. Be ready to answer other group's questions.

Activity 8 (Pair Work)

Form a group of two with male and female members, if possible. Ask and answer questions about the items in each toiletries bag. List the items mentioned by your partner in the table provided. Afterwards, discuss how the contents of male and female toiletries bags are different.

Laki-laki	Perempuan
……..	……
……..	……
……..	……
……..	……
……..	……
……..	……
……..	……
……..	……

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Activity 9 (Group Work)

The class will be divided into three groups. Each group will work together to get the gist of one of the readings below. These related readings are taken from an exchange that happened in a web-based discussion forum on health related matters. Each group then presents its findings to the rest of the class. A class discussion will follow.

A.
Rekan - rekan,
Saya ada sedikit pertanyaan, saya pernah mendengar bahwa mulai saat ini untuk sela penghitungan sewaktu kompresi jantung dilakukan yang dulunya memakai kata-kata "dan" di antara hitungan misalnya..."satu dan dua dan tiga dst" sudah dihilangkan, jadi tidak memakai kata "dan" lagi melainkan langsung.... "satu...dua...tiga dst"Apakah hal ini benar terjadi, dan bila iya dari referensi manakah ? Terima kasih atas informasinya... regards, Jantorius (PMR SMA 3 Yogyakarta)

B.
Salam hangat
Kata "and" atau "dan" dalam penghitungan RJP memang sudah lama ditinggalkan karena menurut penelitian di Amerika tidak mencapai 100 kali kompresi permenit. Begitu juga dengan perbandingan kompresi dan ventilasi bagi 2 orang penolong, kalau dahulu masih menggunakan 1 : 5, sekarang semua disamakan baik 1 orang penolong maupun 2 orang sama perbandingannnya yaitu 2 : 15 supaya dalam satu menit minimal ada 100 kali kompresi sehingga tercapai RJP yang adekuat. Di UGD RS.Hasan Sadikin Bandung sudah lama menerapkan sistem seperti itu. Kalau rekan-rekan ada yang berminat untuk mengadakan pelatihan, tim kami bersedia menjadi instruktur sekaligus menyewakan alat-alat manekin yang lengkap dan terbaru th 2003.Terima kasih Wassalam

dr.Hasim Sugianto
Brigade Siaga Bencana RSHS Bandung

C.
Pada prakteknya hitungan satu dan dua dan tiga dst tidak dipakai karena kelamaan apalagi kalo yang melakukan CPR orang jawa putri solo lagi wah bisa-bisa CPR nya jadi satuuuu daaaan duaaaa tigaaaa (hahaha ini cuma joke !) - prinsipnya dilakukan 4 siklus dengan 15 kalo kompresi dan 2 nafas bantuan - idealnya dua kompresi dilakukan dalam 1 detik (terlalu cepat ? ga lah malah pada praktek sehari2 yang ideal itu yaaa dengan kecepatan seperti ini) justru yang lebih penting adalah masalah kompresi nya diusahakan dengan tekanan yang optimal (jadi jangan terlalu mengambang atau jangan terlalu menekan (biasanya sekitar 1,5 inci - atau sekitar 4 cm kurang dikit). . Salam, Nano Harsono (Perawat RS Harapan Kita).

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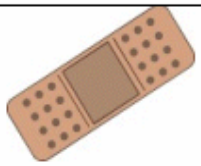
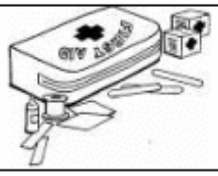
Activity 1

Identify these pictures and write them in Indonesian in the space provided.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	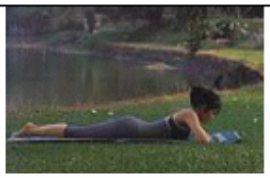	
.....	.....	.....

Activity 2

Create three sentences with the imperative word below.

Tolong	1. ..... 2. ..... 3. .....
Coba	1. ..... 2. ..... 3. .....
Tolong	1. ..... 2. ..... 3. .....

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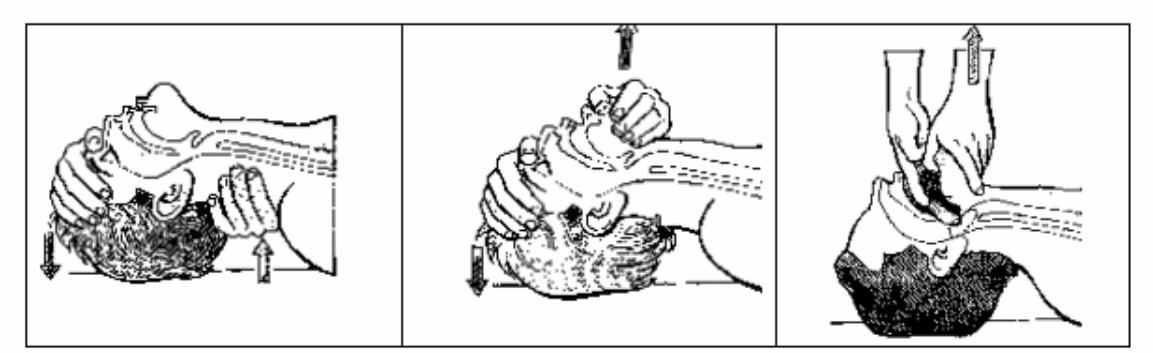
Activity 3

Describe the procedure of giving CPR based on the pictures below.



Activity 4

Interview your friends or your relatives and ask them about their unforgettable injury. Write a short paragraph about it.

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Activity 5

Be prepared to bring your toiletries bag to your class the next day. Be prepared to give an explanation to your classmates about the contents of your toiletries bag. Your classmates will ask you questions, so be ready to answer them.

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