

BASIC FIRST AID MANUAL (Garo)

A·bachengani

Janggina Kenchakgniko Ra·bagiparangoni
Chel·chakani Gri Ong·ani

A·bachenggipa Sandiani (Primary Survey)

First Aid·ko Ka·anio Dakna Nanganirang

Rang·gitik Ka·tongni Su·ani Dong·gijani (Cardiac
Arrest) aro Janggi Jokani Cholrang ba Ritingrang

Balwa Ramako Champengani (Kangdangani)

An·chi Ong·ani

Fractures (Greng Be·a ba Be·srianirang)

Wa·al Kamani

Chika aro Dela Man·anirangna First Aid

Bisi Man·ani

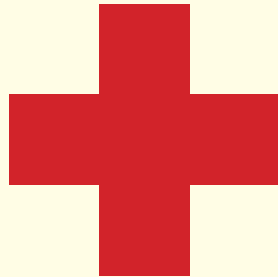
Chio Dubiani

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A



BASIC FIRST AID MANUAL

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AGANSOANI

First Aid ian sakamenggipa, saknaa man·gipa ba jokkom ong·gipa mandena, sananiko on·gipa mandeni jakchi sananiko dakna skang, skanggipa simsak-nirokani aro sananiko dakchengani ong·a. Saknaa man·ani je mandenaba je somoioba sokaia. First Aid-ko name ma·sie ra·anichi nangmiting somoirango bilongen dakchakbeani ong·a aro dakchakaniko on·enggipa mande rang·gitik a·sel obosta sokani somoirango dakchakaniko nanggipa manderangna dakchakani on·e janggirangko jokatna man·a.

Bang·bata somoiorangon sana bananiko dakgipa manderang obosta ong·gipa biapona somoi gita sokna man·rongbreja aro indakmiting somoio sana bananiko on·gijagipa manderang a·sel obostao ga·akgipa manderangna naljokaniko on·a gita an·tangtangni ma·sie ra·ani aro changa sapanio pangchakna nanga. Ia chonbegipa kitap, “Basic First Aid Manual” skanggipa chapa ka·chenggipa ki·tap ong·a jekon Meghalaya State Disaster Management Authority tariaha aro jenan National Disaster Management Authority, New Delhi tangka paisani gita dakchakaniko on·ahachim, Anga ka·donga je ia ki·tap First Responders-rangna nanggipa u·ie ra·anirangko on·gen aro uandaken rang·gitik sana banani cholko on·giparangni obosta ong·chakgipa biapona sokna skangan uamang saknaa man·e dongenggipa manderangna dakchakaniko on·sona man·gen.

Ia chongipa ki·tap-ko First Responder-na jakkalna on·china gita Director of Health Services (Medical Institutions), Meghalaya, Shillong ku·pattianiko on·aha. Ia chongipa ki·tap-o maiba on·dapanirang ba namdapatansirangko on·a sikgenchim ong·ode uarangko ra·chaksogen.

Dated Shillong
the 15th April , 2014

H. B. Marak
Executive Officer Meghalaya
State Disaster Management
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**OFFICE OF THE DIRECTOR OF HEALTH
SERVICES
MEGHALAYA :: SHILLONG.**

No. HMS/DM/6/11/61/ Dated Shillong the 1/4/14.

To,

The Chief Executive Officer
State Disaster Management Authority Secretariat
Meghalaya, Shillong

Sub: Basic First Aid Manual

Kosako janapgimin subject-o pangchakenba, aro Basic First Aid Manual-ko poraie nimanani ja·mano, iano gnanggiarang miksonggipa kamna bilongen dakchakbeani ong·gen ine Anga agana namnikenga.

**Joint Director of Meghalaya Services (MI),
Meghalaya, Shillong.**

Bak I – A·bachengani

Ia first aid training-de saknaa jokkom ong·ani aro sakamanirangoni ong·katgipa a·sel obostaranko komiatna dakchakna gita nang·na chu·onga gita u·ie ra·ani aro changa sapaniko on·a miksongani ong·a. First aiders-rang songo aro songsalo koborko man·chenggiparang ong·a aro basakobade uan skang sokchengenba dakchakaniko on·gipa mandeba ong·a, unigimin ua an·tangko gisik tom·tome rakkina nanga, indakgipa a·sel obostani somoio ua namgipa kakketgipa aro ong·gipa dakchengna nangani aro ja·ku de·aniko chanchina man·a nang·gen.

First Aid-ni Miksongani :

First Aid ian, nambatgipa sana bananiko on·giparang, emergency medical services (EMS)-ni sokbana skang, sakamenggipa ba saknaa man·gipa mandena nangchenggipa naljokani chol, simsak-nirokani aro sananiko on·chenggani ong·a.

First aider-ni dakna nanggnirang :

- Janggi gimaaniko champengsoani aro sakamenggipa ba saknaa man·gipa manderangna skanggipa nangchenggipa simsak-nirokaniko on·ani.
- A·sel obostao ga·ake mikselgija dongenggipako chel·chake rakkiani.
- A·seloga·akgipamandeniobostanamroroangijaniko champengani.
- A·selo ga·akgipa mandeko an·sengaona ra·bapilani.

First Aid-ni bidingo chanchie u-iani ba poraiani :

Hospital-ona sokna skang, sakamaoni aro saknaa man-anioni naljokaniko on-gipa aro be-en an-senganiona ra-bapilaninadakchakgnigiparangarabe-en-nimongsonggipa bak simsak-nirokanian ong-a:

- Balwa Rama
- Rang-sitani
- An-chi Re-ruraani
- An-chi Ong-aniko Champengani (janggina kenchakgnigipa)

Medical research data-ni janapani gitade ia be-en-ni mongsonggipa kam ka-gipa bakrangna nanga gita nama pangchakaniko on-anichi saknaa man-gipa manderangni janggina, hospital-ona sokna skang, naljokaniko on-a man-a.

**Bak II –Janggina Kenchakgniko
Ra-bagiparangoni Chel-chakani Gri Ong-ani**

First aiders-rang saknaa man-gipa mandena simsak-nirokani on-mitingo be-en-na namgijaniko ra-bagiparango, jekai an-chi gita batgipa ba batrikrikgipa sabisirango, chagrongnaba gnang.

Ian iarangoni ong-naba gnang:

- Maiba a-selni bidingo be-en-o saknaaniko man-anio.
- Mikselgijadongenggipamandekomikselatpilataiani cholko dakanio.

Dingtang dingtang dakgipa an-chi gita batgipa sabisirang bang-bea jerangan matgimin be-en-ni bak gita ba gingtingoni ong-katgipa ging gita man-ronga, mongsongbate Hepatitis B Virus, Hepatitis C Virus aro Human Immune deficiency Virus (HIV). Gipin sabisirang jerangkon mandeni an-chio man-jachim uarango jo-olgipachi man-skaa jekai mandeni ku-chi-oni (Hepatitis A aro meningitis ong-atgipa jo-ongrang) ba matburingni an-chioni aro jok-gipa-jo-olgipaoni.

Pilak Gitan Champengsoanirang :

First aiders-rang an-tangtangna personal protective equipment (PPE)-ko jakkalna nang-gen. Ia bostuko sabisioni bataniko champengna aro batani cholko komiatna jakkala.

Batanirang :

Ka-mao on-gipa a-selrangoni batrongbata :

- Pilak mandeni be-en-oni ong-katgipa aro

jo·olanirang mongsongbate jokani ba jo·olani jeon an·chikoba nikchapa.

- Mandeoni gipin ong·katanirang.

Batgnigipa cholrang :

- An·chi/jo·olgipa nanggimin matgipa bostu ba ostrochi su·ponga ba mata man·ani.
- Mikkrone, ku·siko aro/ba gingtingo an·chi/jo·olgipa tototdapani.
- Mata man·gijagipa ba matgimin be·en-o an·chi/jo·olgipa tototdapani.
- Ning·tue matani aro an·chi/jo·olgipa baksa chika man·ani a·selo pari man·ani.

‘Pilak Gitan Champengsoanirang’, risk management strategy jekon an·chi aro gipin be·en-ni bakrang baksa nangdimanirangko komiatenba batrikrikgipa sabisirangko champengna jakkalachim, uko miksonga.

Pilak Gitan Champengsoanirango iarangkoba manchapa :

- Kam ka·na re·ongkatengon nanga gita chel·chakgniko aro champenganiko on·gipa gananirangko ganani.
- Pilak mandenan sananiko on·ani.
- Kam matchotman·ani ja·mano su·galani, rongatalatani aro auani.
- Chang·prak jakkale galna man·gipa chel·chakgniko on·gipa gananirangko aro/ba bosturangko nanga

gita ong·a bewalo galani.

- Rongtal-an·talani bewalrangko kam ka·na skang aro kamrangko ka·manani ja·mano ja·rikani.

Obosta ong·gipa biapo rang·san dakna nanggni :

Mata man·anina

- An·chiko ong·na on·bo, minit 15-na name chi·chi su·galchenggenba name katipbo.
- Matgipa bak·o mamung saloba caustic soda·ko jakkalnabe.
- Man·a dipet seng·gnangan sana bananiko ra·bo.

Gingting, mikkrone ba ku·sik-rango tang·dapanina

- Gingting, ku·sik ba mikkrone tang·dapaniko minit 15-na chi·chi name su·gale galbo.
- Ku·sik-o tang·dapgenchim ong·ode, stue galenba minit 15-na chi·chi su·gale galbo.
- Mikkrone tang·dapgenchim ong·ode, mikkrone minit 15-na naue donenba satkikie galbo.

Be·en bigilo tang·dapgenchim ong·ode

- Obosta ong·chakgipa biapo, sabon aro chi·chi name su·galbo.
- Bang·kalode/kengnigipa obostaona sokna kragenchim ong·ode, man·a dipet seng·gnangan sana banani cholko ra·bo.

Bak III – A·bachenggipa Sandiani (Primary Survey)

First Aid-ni bidingo u·ina nanganirang

Bang·bata saknaa man·gipa ba sakamenggipa service memborrangan an·tangni unit-tangtangona re·bapilna man·a maina uamangna nanga gita aro somoi gita first aid-ko ona aro unbaksanaba uni ja·mano nangchongmotgipa sana bananirangko on·a. Uni gimin pilak service memborrangan mongsonggipa u·ina nanganirangko u·ie ra·na nanga.

- RANG·SITANIKO nie nibo: Oxygen chu·ongjanichi (balwa re·chakgipa rama gita ba rangsita chu·onggijani) taning nosto ong·aniona ba adita minitrangon janggi galaniona sokgen.
- AN·CHI ONG·ANI KO nie nibo: Oxygen-ko tissue-rangona ra·angna ba sokatna gita be·en-o chu·onga gita an·chi dongjaegenchimode janggitangna man·ja.
- SAKNAA MAN·E ba RANG·SAN DUK ONG·PRETEMUNG JADA CHANGANI ba SIBOKANI KO nie nibo: Saknaa man·e ba rang·san duk ong·pretemung jada changani ba sibokaniko champengjaode, first aid-ko on·jaode, aro sana bananiko on·jagenchimode, saknaa man·ani bang·jagenchim ong·oba janggi gimaaniona sokaigen.

RANG·GITIK OBOSTA SOKANIO DAKNA KA·NA NANGANI ARO JA·RIKANIRANG

1. Obosta Ong·chakgipa Biapko Name Nie Ra·bo

Jensalo na·a rang·gitik obosta sokaniko nika u·ienba una kam ka·na chanchio, na·a ua obosta ong·chakgipa biapo nang·na, saknaa man·gipa mande/manderangna aro sambao chadenge dongenggipa mande/manderangna maaiaba a·sel-obosta sokdapgenma sokdapjawama aro chel·chakani gnang ong·ama ong·ja uko name nichengbo.

Obosta Ong·chakgipa Biapko Nie Ra·anio Pangchakanirang aro Bakrang

- Obosta ong·chakgipa biapni chel·chakani gnang ong·ani.
- Saknaa man·ani ba sakamani bewal ba bakrang.
- Saknaa man·gipa ba sakamgipa baida sak manderang gnang aro unbaksana nanggipa dakchakdapanirang ba dakchakaniko on·dapnagipa bosturang aro cholrangko ma·sie ra·bo.

2. Sana Banani aro Ra·jitani Cholko A·bachengatbo.

Maiba dakgipa somoirangode, na·a first aid-ko on·a aro a·bachengatna skang sana banani cholko ong·gipa manderangonadaknananggnirangkosingatchengnachu·onga gita somoiko man·gen. Indiba badiaba obostarangode, na·a saknaa man·gipa mandena dakchakaniko on·chengnan nangaigen.

Skanggipa Phone Ka·chengbo Aro Rang·san Ta·raken Ka·bo

Pilak skia man·gimin aro skimangijagipa chadenge dongenggipa manderangko Sana Banani Cholko A·bachengatna agana nanggen aro uamang saknaa man·e dongenggipa dal·gimin mande rang·sanana sana banani

cholko ra-na nanggnok ine u·imanjokkode, “Phone Ka·chengbo”. Bakgitchak aro chona bi·sarangnade “Ta·rake Phone-ko Ka·na Nanga”.

3. **Saknaa Man·gipa Mandeko Skanggipa Nie Nichengbo**

Rang·san a·sel-obosta sokani somoi chang·antion, na·a saknaa man·gipa mandeni janggina kenchakanirang dongama dongja uko nichengbo.

1. Miksela Mikselgijaniko Nibo.
2. Balwa Re·ruragipa Ramako Nibo.
3. Rang·sitaniko Nibo.
4. An·chi Re·ruraaniko Nibo.

4. **Saknaa Man·gipa Mandeko Chang·satai Name Nitaibo**

Iako daktaie nianichi saknaa man·ani ba obostako namjabatatani chinrangko, jenan simsakaniko nanggenchim, uarangko ma·sibatatna dakchakgen.

1. Saknaa man·gipa mandeko sing·sandianiko dakbo.
2. Janggi dongani mongsonggipa chinrangko sandie nibo.
3. Skotengoni ja·a·ona name porikka ka·e nibo.

Bak IV – First Aid-ko Ka·anio Dakna Nanganirang

Rang·sita komiani aro bilongbee an·chi jokani (an·chi re·ruraani). Saknaa man·gipa mande jeon balwa rama·ko champengani gnang ba jean rangsitjachim, ua oxygen man·jani a·selo sianiona sokgen. An·chi ong·ruruanichi rang·san jada changani ba sibokaniona sokgen, aro ia obostaoni janggi gimaaniona sokgen; unigimin na·a an·chi ong·ruruaniko komiatna rang·san kam ka·na nanggen. Pilak mata·bu·anirangan pari man·gni ong·a, maina pari ong·atgipa jo·ongrang (germs) be·en bigilo aro gangipa ba·ra·chola·o, aro a·mango, chi·o aro balwao pangnan dongaia. Je bostu ba ostro·ba (jekai slai guli, churi ba gipin sramgipa aro matgipa silni bosturang) jean mata·bu·aniko ong·atachim, uarang jo·ongrangko ra·bite matgipa bak·ona sokatranga. Ia jo·ongrangni bitchi chie batrikrikanichi pari a·bachenga. Mata man·gimin bak·o pari man·manjokoba uni batrikrikaniko champengna nanga. Pari batrikrikaniko champengna gita na·a man·a dipet ta·raken matgimin be·en·ni bak·ko rongtatalenba name katipe dona nanggen.

BALWA RAMAKO CHOLJOKATBO ARO RANG·SITPILNA DAKCHAKBO

Jensalo saknaa man·gipa mande siboka ba mikselja, uni be·en·ni pilak muscle·rangan tom·tome donga. Saknaa man·gipa mandeko mitale tuata gnang dongenchim ong·ode, sre, jean wagam wama·ni janggilchipak dakchapachim, ua gitokchina dakanggipa ramako champenge donga aro indaken ka·sop·ona balwa re·anganikoba champenga. Ia champenganio balwa ramani gipin nom·gipa tissue·rangko namjabatoroata. Ku·sik ku·anggenchim ong·oba ia, batesa balwa rama·ko choljokatani

pal, champengasa champengskaa. Sibokgipa mande, balwa ramao chang-ketgipako minokna ba gusue galna man-jaenba uni obosta namjabatrroa. Ian balwa napaniko champenga aro chang-ketgipa jabol ba bostu ka-sop-ona napanga. Iani giminan, je naljokaniko on-gipa ba jokatgipa mandeba siboke mikselgija dongenggipa mandena ku-sik gita mamungkon on-a nangja aroban chigalatna drana nangja.

Mongsonggipa janapanirang :

Sibokgipa ba mikselgijagipa mandena, balwa ramako saknaa man-gipa bak-rangna bate aro unbaksanaba janggal bolgro nosto ong-ani obosta sokana bateba simsakbataniko on-a nanga. Balwa ramako choljokatanian mongsonggipa ong-a. Rang-sitaniko nie nichengna skang balwa ramani choljokaniko nichengbo. Mainiba a-selni bidingo champenganichi balwa ka-sop-ona sokangna man-jagenchim ong-ode, saknaa man-gipa mande ru-ute tange dongjawaha.

Airway management-ko (balwa ramana naljokaniko on-ani) nanga jensalo saknaa man-gipa mande:

- Mikselja ba siboke donga;
- Balwa rama-o champengani gnan ong-a;
- Janggina naljokaniko on-a gita ku-sik-oni ku-sik-ona rang-sitaniko on-a nanga.

Balwa rama-o champengani:

Janggi jokatani cholko dakmitingo balwa ramana champengani ong-genchim ong-ode, saknaa man-gipa mandeni balwa ramana naljokaniko on-a gita uko gitchingatna nanga. Uni ja-mano saknaa man-gipa mandeni ku-rang on-chakani aro rang-sitbewalo rang-sitaniko nipiltaina nanga.

Bang-a changon balwa ramao champenganiko ong-atgipade sre aro/ba chigalanichin ong-bata. Iarangko balwa ramana naljokaniko on-anichin namatna man-a.

Sre :

Kosakgipa balwa ramani muscle tone-de mandeni miksela mikseljani baksa apsan bak nangea: tusimitingo, jekai, muscle tone-ni bang-gija degree-rang komianganichi champenganirangko ra-baa aro indaken inggok ra-a-ona (snoring) soka. Ku-rang on-o mikseljani somoio, basakobade, ia champenganiara chu-gimik aro janggina kenchakgnigipa obostaona soknaba gnan.

Chigala :

An-chingni okningo cha-anirang adita kontarangona kingkingan dongaia, uni gimin bang-bata saknaa man-gipa manderangni okningo cha-anirang dongkuaigen, aro indaken ia cha-aniko okningoniko ka-sop-ona ra-dotpilna man-aia. Iakon aspiration ine minga. Okningo gnanngipa acidity aro ma-manti particle-rang balwa ramako champengna aro nosto ong-atna ama. Regurgitation-ara (okningo gnanngipa cha-aniko ra-dotpilani) sphincter-ko (ok-ni ku-mango donggipa duulgipa muscle-rang jean okna chel-chakaniko on-a) batangenba ok-o sinjetaniko one tang-dotani chol mingsa ong-a. Ian ok gapani, obesity (ok-o jrimani), ba balwani a-selo ong-a.

Maikai Balwa Ramako Nigen:

Balwa rama kulia aro uno mamung champengani donggijaniko nichengenba –

- Ku-sikko ku-angatenba jabolrangko sandibo.
- Finger sweep-jaksichi otani (jabol ba champenggipa

bostuko nikgenchim ong·osa aro uko glove gangimin jaksichi otna man·gen ong·osa)

- ‘Head-tilt’ (Sko-ko songdoatani), ‘chin-lift’ (ku·dipeko ra·doani)-ko dakbo.

Head-tilt (Sko-ko songdoatani) aro chin-lift (ku·dipeko ra·doani) :



Dal·gimin Mande aro Bi·sarang (Bilsa sa·oni bilsa chet ong·gipako bi·sa ine chana).

Jak samsako mikking ba skoteng kosako dona. Jak samgipinko Ku·dipe

Ra·dona jakkala. Jak·ko gitok janggilo dongija skotengko janggilchipakna songdoata. Rake bilko on·a nangja, mongsongbate gitok·o saknaaniko man·ode. Na·a barrier gloves·ko gana nang·gen.

Ku·dipe Ra·doaniko Skotengko Songdoata baksa apsan somoion nanggrimate dakronga. Ku·dipeko jokatenggipa mandeni jaksi mong·machi aro jaksirangchi rim·e donga jedakode iako dakanichi saknaa man·gipa mandeni ku·sik·ko ku·angatenba uni gitok ning·achiko sre aro nom·gipa tissue·rangko sal·okna man·gen. Mingsa chol donga jeon ku·dipeo jaksi mong·ma·ko donenba, ku·chil



ka·mao, aro wagam wama·ni ku·chotko jatchigipa jaksichi pangchakaniko on·a aro gnigipa jaksi wagam wama·ni sambao ong·a. Gitokni nom·gipa tissue·rangko ring gangipa jaksichi sikjetagita dakatjana simsakna nanga. Wama·ko on·tisa ku·angata aro ka·bak·oni chel·tange dona.

Finger sweep (Jaksichi otani) :

Finger sweep·ko siboke ba mikselgija dongenggipa saknaa man·gipa mandeni ku·sik·oniko kangdange dongenggipa jo·olgipa aro jabolko ote galna aro talatna jakkala. Nang·ni nikna man·gipa aro jaksichi sokna kragipa biapo ong·osa iako dakna nanga. Iako pangnan jak·o glove ganesa aro saknaa man·gipa mandeko tom·tom ong·e gitchingate donani ja·manosa dakna nanga. Nang·ni skanggipa jaksiko saknaa man·gipa mandeni ku·sik ning·aona sikatenba chang·sa jotdrokaniko dakbo, chigalani, an·chi aro jabol·ko jaksichi il·engatenba ong·katatbo.

Bakgitchakrang: Bilsisana komigipa bi·sarangko bakgitchak ine chana.

Bakgitchakrangni kosakgipa balwa rama·de gingtingni ramarang chonani a·selo nengraen champenganirangko man·rongaia, windpipe·ni ku·mangona dakanggipa (vocal cords - ku·rang ong·katatgipa) aro trachea (windpipe – balwa ramani kol). Dugapile ki·sangchipakna skotengko songdoatanichi trachea nomani aro nengraen pe·gomna man·ani gimin saksela gita daknaba donga.

Unigimin, bakgitchakrangni skotengkode srongen donaina nanga aro dugapile skoteng songdoataniko dakna nangja. Ku·sik ku·angata gnang ka·magipa wagam wama·ko ku·dipeni ku·choto pangchakata gnang rakkina nanga. Mamung saloba gitokni nom·gipa tissue·rango sinjetaniko dakna nangja.

Iarang kam ong-jagenchim ong-ode, skotengko alamala ka-sne ki-sangchipakna songdoatna nanga.

Rang-sitani :

Rang-sitbewalo rang-sitaniara janggitanganina nangchongmotgipa ong-a. Saknaa man-gipa manderang jemangni rang-sipakenga (ku-gap ku-gap dake rang-sitna nenge dongenga) aro jemangan mikselja ba siboka uamangko mikselatpilna gita dakchakaniko on-a nanga (resuscitation).

Rang-sitani gri ong-ani ba chu-onga gita rang-sitna man-gijani a-selrang:

- Rang-san sinjetaniko ba duk ong-aniko man-anichi/ ba taningni bak jean rang-sitaniko nirokachim uni nosto ong-anichi.
- Balwa ramani kosakgipa bak-o champengako man-anichi.
- Ja-dilrangni aro/ba rang-sitanio dakchakgipa muscle-rangni bilgri ong-anichi ba an-ma goka ong-anichi.
- Mainiba a-selrangni bidingo ka-soprango nangchakeanichi.
- Chi-o dubianichi.
- Rang-sisokjani a-selo.

Chu-onga gita rang-sitgijanio iarangba dongchapnaba gnang:

- On-tisa ba dingtange ka-bakni ba chelni moani.
- Bilgrie gam-e rang-sitani ba ong-rongbewalo ong-gija gam-e rang-sitani (gam-e rang-sita).

- Rang-sitmitingo dikdikprakon ku-gap ku-gap dakani.
- Dongsiksakani.
- Be-en an-gilni rong dingtangani (an-chi gri dake bokdelgapani).
- Ta-rakprete ba ka-sinbee rang-sitani.
- Chadengani ba asongani bewalo dingtanganirang.

Maikai rang-sitaniko nina nanga:

Jokatenggipa ba naljokaniko on-enggipa mande pangnan –

- Ka-bak ka-mani ba okni kosakgipa bakni moani ba il-enganiko SANDIBO.
- Gingting aro ku-sik gita balwa jokaniko KNATIMBO.
- Mikkangni samgipengchi rang-sitaniko/kabak aro okni kosakgipa bakni moani ba il-enganiko UIE RABO.
- Iako dakanio batbeoba second 10 san nangaigen.

Rescue breaths (Janggi jokatna rang-sitatani):

Saknaa man-gipa mandeni skoteng sambao ja-sku dipanbo. Balwa ramako kulie rakkibo. Janggi jokatgnigipa rang-sitaniko on-aniko dakbo. Rang-sitchengenba, nang-ni ku-sik-ko man-a dipet ku-angatenba saknaa man-gipa mandeni alamala ku-ange dongenggipa ku-siko donatbo. Balwa ramako kulie rakkienba gingkolko rim-tipbo aro saknaa man-gipa mandeni ka-sopko gangpuatna gita spoatbo.

Skotengko pangchake donenggipa jak-ko mikkangchipak ra-baani gimin skotengko songdoate dongipa

biap on·tisa jitnaba donga aro ian balwa ramako champengnaba ghang. Kosakchipak ra·doatanichi (jak·ko ku·dipeo done) iako namatna man·a. Ku·sik gita ku·sik·ona balwa on·anio, ka·bak ba chelko tang·doatna chang·prak rang·sitaniiko on·ani (second sa) kraa bewal ong·aia. Indiba ka·bak·ko dugapile gangpuatna nangja aro iana simsakbena nanga.

Balwa on·mitingo saknaa man·gipa mandeni ka·bak tang·doaniko nibo. Ka·bak ganpujagenchim ong·ode, iarangni a·selo ong·naba ghang:

- Balwa ramako champengani (sko ra·doani, ku·dipe ra·doani chu·onggijani, sre ba maiba bostu ba jabol);
- Ka·sop·ona balwa spoata chu·ongjani;
- Ku·sik aro ba gingting·oni spoatgimin balwa joke kataniko chu·onga gita rim·tipjani ba nanga gita champenganiiko dakjani.

Ka·bak gangpujagenchim ong·ode, balwa spoani, ong·a bewalo sko ra·doani aro chu·onga gita rim·tipna nanganiko nibo. Ka·sop gangpuani ja·mano, saknaa man·gipa mandeni ku·sik·oniko nang·ni ku·sik·ko ra·doenba, nang·ni sko·ko saknaa man·gipa mandeni ka·bak·o donatenba uni ku·sik aro gingting gita spoatgimin balwako wataniko knatime nibo.

Ku·sik·oni gingting gita :

Ku·sik·oni gingting gita balwa on·ani cholko dakna nanga jensalo jokatenggipa mande an·tangan iako dakna chanchia, jensalo saknaa man·gipa mandeni wagam chikkrepe dongani a·selo ku·angatna man·ja, ba bakgitchak aro bi·sarangko jokatani somoirango. Balwa ramako champenge rakkiana agrede, ku·sik·oni gingting gita balwa

on·ani cholban ku·sik·oni ku·sik·ona balwa on·animung apsanangaia. Saknaa man·gipa mandeni ku·sik·ko wagam wamako pangchake rim·e donggipa jakchi ku·kipatbo aro jaksi mong·machi ku·chilko apsan ong·e rim·bo. Janggi jokatgnigipa rang·sitataniko on·aniko dakbo.

Rang·sitchenge ra·enba nang·ni ku·angatgimin ku·sik·ko saknaa man·gipa mandeni gingtingo donatbo (bakgitchak ong·ode ku·sik aro gingtingo) aro saknaa man·gipa mandeni ka·sopko gangpuatbo. Nang·ni ku·sikko saknaa man·gipa mandeni gingtingoniko ra·doenba ka·bak tang·onaniko nibo; gingting aro ku·sikoni balwa jokaniko knatime nibo. Ka·bak il·engjaode, maiba champengani donga, aro nanga gita balwa joke kataniko rim·tipja, ba chu·onga gita ka·sop·ona balwako spoatja.

Ku·sik·oni gingting gita balwa on·e jokataniko dakanio, jokatenggipa mandeni ku·sik ku·anga chu·ongjagenchim ong·ode, ba saknaa man·gipa mandeni ku·sik·ko name rim·tipjaode balwa joke kataniba ghang. Ia obosta ong·genchim ong·ode, ku·sik·oni ku·sik·ona balwa on·aniko dakbo. Gingtingo champengani gnanganichi chu·onga gita gangpuanikoba champenga ine nikna man·gen. Ia ong·genchim ong·ode, ku·sik·oni ku·sik·ona balwa on·aniko dakna nanga.

C – Cardiopulmonary Resuscitation (CPR)

Chu·sokgipa ba Kam Ong·gipa CPR – Chang 30 sikjetani ja·mano Chang·gni Rang·sitataniko Dakani

CPR·kode daktaitaiani aro ka·taitaiani ong·a jeon iarang ghang:

1. Balwa rama kuliani.

2. Ka·bak sikjetani.
3. Rang·sitani on·e janggi jokatani.

Ka·bak sikjetanichin be·en-o an·chi re·ruraatpilna man·gipa mingsa chol ong·a. Ka·bak sikjetanio balwa on·anikoba dakronga jechin an·chi, oxygen-ko mongsonggipa be·en-ni bakrangona sokata. Defibrillator sokkujaona kingkingde ian ka·tong aro taning-ona oxygen sokate donsoani mingsa chol ong·a.

Ka·bak sikjetna (chest compressions) nanganiko ma·sie ra·ani :

First aiders-rang ku·rang on·o ku·chakgijaniko, mikselgijaniko aro rang·sita grianiko nienba janggi gimaanioni naljokaniko on·a nanganiko ma·sie ra·na nanga. Ja·dil rim·e niani aro ka·tong suaniko nianirang ka·dongna man·bregijagipa ong·a uni gimin mandena janggi naljokaniko on·a nanganiko ma·sina gitade iako dakna nangja.

CPR-ko maidaka somoio on·a nanga?

Saknaa man·gipa manderang jemangan rang·sitjaenga ba siboka aro ong·a bewalo rang·sitjaengachim uamangna CPR-ko on·a nanga. Basakobade ka·tong rang·gitik rimaniko (cardiac arrest) man·gipa mande dikdikprako ku·gap ku·gap daknaba gnang, indiba iako rang·sitani ine chanja.

Basako CPR-ko dakna nangja :

Na·a CPR-ko dakna nangja jensalo :

- Jokatgipa manderangna kengnigipa obostarang sokbana altua.
- Janggi dongjahani chinrang gnang, jekai rigor mortis (simane manggisi rakaha).

- Mandeni saknaa man·aniara janggi jokna krajaha ba janggiko jokatna man·teljawaha ine niko.

Dintang dintang obostarangona sokanirang :

CPR dakanio guasu be·ani soktelaia. Indaka obosta sokgenchim ong·ode nang·ni jak donani bewalko nitaienba ka·angkuaibo. Nang·ni jak-ko ong·a bewalo donanichi aro ka·bak sikjetmitingo dugapile bilko on·janichi, na·a guasu be·aniko champengna gita man·gen. Guasu be·anichi nang·ni ka·bak sikjetanio ta·rake kamko ong·atjawa aro an·chi re·ruraanikoba komiatgen, indiba ia obostaoni pangnan gelna man·rongja.

Nipiltaiani :

Minit gni CPR dakani ja·mano, janggi dongani chinrangko nipiltaibo (gusua, rang·sita, ba il·enganiko). Iana batbeoba second 10-san nangaigen. CPR dakmitingo, saknaa man·gipa mande janggi dongani chinko mesokgenchim ong·ode, rang·sitani nie nibo. Saknaa man·gipa mande rang·sitaha ong·ode, uko recovery position-o (ong·a bewalo tu·gitilate donani) donenba nirokrokbo.

Ka·mao on·giparangoni mingsa ba minggnirang sokja dipetnade CPR-ko neng·takgija daktaitaibo :

- Saknaa man·gipa mande ku·rang on·o ku·chaka ba il·enga aro an·tangan rang·sitnaba man·aha.
- Nang·na kenchakanirang sokbaa.
- Na·a neng·ahani gimin iako dakangna man·jaha.
- Nambatgipa sana bananiko on·gipa manderang sokbenba saknaa man·gipa mandena simsak-nirotkaniko onskaa.

Sikjetmangmanganiko dakgipa CPR :

Jokatenggiparang rang·sitani on·aniko dakna sikjagenchim ong·ode ba dakna man·jagenchim ongode, uamang ka·bak sikjetmangmanganiko dakna nanga. Ka·bak·ko sikjetmangamangaenchim ong·ode, uamang iako neng·takgija dakna nang·gen aro ian minit prako chang 100 mang sikjetani ong·na nang·gen.

Ka·bak sikjetchaknagipa be·en·ni bak·ko sandiani :

CPR·ko dakanio dingtangmancha miksongede jak·ko donani bewalkode aganani dongja. Saknaa man·gipa mandeni, jenan ka·bak sikjetaniko on·engachim, sternum·ni (ka·bak jatchini bolgro) ka·magipa bak·o nang·ni jak·ko donbo. Jokatenggipa manderang jakpa ki·tik·ko ka·bak jatchio dona nang·gen aro indaken jak samgipinko uni kosako.

Sikjetaniko sternum·ni (ka·bak jatchini bolgro) a·palchipakde dakna nangja. Sikjetaniko agrepile on·ode kam ong·jawa aro agre komie on·oba okningo donggipa cha·anirang ong·katbapilgen (regurgitation) aro/ba ning·ani be·en·ni bak·ko nosto ong·atnaba donga.

Sikjetaniko on·ani bewalrang/cholrang:

Bi·sarang aro Dal·gimin Manderangna

- Dal·gimin mandeo jaksamgnichi ka·bak sikjetani bewalko jakkalronga.
- Bilsa 8·ni ning·ao ong·gipa bi·sarangna jaksamsachi ka·bak sikjetani bewalko dakronga.

Bakgitchakrang

Jokatenggiparang bakgitchakrango jaksi ge·gniko jakkalna nanga. Sikjetchakani biapko ma·simanjokko, jokatenggipa mande ua bak·o jaksiko donenba ka·bak

sikjetaniko daka. Ka·bak sikjetanio mamung dakeba champengani ba dongdikaniko sokatna nangja.

Bakgitchakrang jemangan ka·bak sikjetaniko dakna nangengachim, uamangko sronggipa nama biapo (jekai table ba a·a·o) jedakode sikjetanio kam ong·batgen, tugitilatbo. Sikjetaniko ong·a bewalo, sikjetani aro neng·takani somoiko apsan ong·e donenba, dakbo. Jokatenggipa mande mikkangchipak ba ki·sangchipak jitrururaniko dakna nangja, ba jaksi mong·marangko ba su·anirangko dakna nangja. Chang·prak sikjetmanani ja·mano jokatenggipa mande ka·bak·ko tang·dopilchina ba biapona sokna gita somoiko on·a nanga.

Sikjetani ning·tuani :

Ka·bak jatchi bolgroni ka·magipa bak·ko bak gittamoni bak sa mangnade ning·tue chang·prak sikjeton sikjetna nang·gen.

Ian dal·gimin mandeo 5 cm mangna bate, bi·sarango 5 cm aro bakgitchakrango 4 cm mangna ong·na nang·gen.

Sikjeta tarakani :

Jokatenggipa manderang pilak bilsini manderangnan minit prak·o chang 100·na sikjetaniko dakna nanga (second prako chang·gni mang). Iano miksongani minit prako chang 100 sikjetanirang gapgen ine miksonganide ong·ja maina rang·sitna neng·takaniko on·anichiba ia komiangnaba gnang.

Namgipa CPR·ko onani :

Sikjetaniko dakengon, man·genchim ong·ode, jokatenggipa namgipa aro chu·onga gita sikjetaniko on·a man·a gita (mongsongbate ning·tue on·a nanganio), minit gni prako jokatenggipa mande·ko susregrikbo. Indake mande susregrikmitingo sikjetanio mamung gitaba ja·manchakatjana gita simsakaniko dakbo.

Dakanirang	Dal-gimin Mande	Bi-sa	Bakgitchak
JAK DONANI BEWAL	Jak samgniko ka-bakni jatchio (ka-bak jatchi bolgroni ka-magipa bak-o)	Jak samgniko ka-bakni jatchio (ka-bak jatchi bolgroni ka-magipa bak-o)	Jaksi ge-gni ba ge-gittamko ka-bakni jatchio (ka-bak jatchi bolgroni ka-magipa bak-o, sok-ni ka-magipa bak-o)
KA-BAK SIKJETANI	Inch 2 mangna	Inch 2 mangna	Inch ½ mangna
JANGGI JOKATGIPA RANG-SITANIRANG	Ka-bak/chel name tang-dokujana dipet (changprak rang-sitanio second 1 mang)	Ka-bak/chel name tang-dokujana dipet (changprak rang-sitanio second 1 mang)	Ka-bak/chel name tang-dokujana dipet (changprak rang-sitanio second 1 mang)
DAKTAITAIANI	Chang 30 ka-bak sikjetani aro chang 2 janggi jokatgnigipa rang-sitaniko dakani	Chang 30 ka-bak sikjetani aro chang 2 janggi jokatgnigipa rang-sitaniko dakani	Chang 30 ka-bak sikjetani aro chang 2 janggi jokatgnigipa rang-sitaniko dakani
BADITA TA-RAKE	Chang 30 ka-bak sikjetaniko second 18-o (minit prako chang 100 mang sikjetani)	Chang 30 ka-bak sikjetaniko second 18-o (minit prako chang 100 mang sikjetani)	Chang 30 ka-bak sikjetaniko second 18-o (minit prako chang 100 mang sikjetani)

Bak V – Rang-gitik Ka-tongni Su-ani Dong-gijani (Cardiac Arrest) aro Janggi Jokani Cholrang ba Ritingrang

Jensalo ka-tong, be-en-ni bakrangona chu-onga gita an-chiko sokatna man-jaha unsomoio cardiac arrest ong-a. Sanjegenchim ong-ode, ian adita minit-ni gisepon janggiko gimaaniona sokatgen. Cardiac arrest ong-anichi ka-tongni name su-anio champenganiko daka. Ia ong-jokkon, ka-tongni muscle-rang ta-raken kom-totangnaba gnan. Iakon ventricular fibrillation (VF) ine minga. Ka-tong sa-dikanichi aro ka-tong rim-anichi cardiac arrest ong-aona sokrongoba, ian mingsa a-sel obostaona sokatgipasan ong-aia aro bang-bata manderang jemangan ka-tong sa-dikani aro ka-tong rim-aniko man-achim uamang cardiac arrest-ko man-rongja.

Ka-mao on-gipa ka-tong sa-dikani aro ka-tong rim-ani chinrangan ta-rake kam ka-na ba dakna nanggniko mesoka:

- Chel/ka-bak sa-dikani, dongtogijani ba sinjetaniko man-ani. Ka-bak/chel-o minit 3-oni minit 5-ona sa-dikkame dongani ba sa-dikani komiange sokbapila dakani, dongtogijaniko ba sinjetaniko man-anian ong-ronggipa chinrang ong-a.
- Indiba, ka-tong rim-e sa-dikani aro ok dongtogija sa-dikani, muscle sa-dikani ba ja-dil salani ba gipin a-selrango sa-dikaniko man-anirangmung dintanggrikatna neng-bea. Iani a-selo pangnan manderangko sananiko ra-anio ja-manchakatronga. Gonggongmitingo ba ning-tue rang-sitmitingo bang-gija su-choka gita ba su-a gita sa-dikgipade ka-tongni a-selo ong-rongja.

- Ka·tong rim·anio sa·dikaniara dongtogijaoni a·bachengbaenba chakna man·pilgija chel/k·abak-o su·tima gita sa·dikanirangona ong·ronga.
- Iako ka·bak/chel-o sinjetani, sakselani, ma·ketani, jrimaniko man·a ine agana man·gen.
- Bang·bata ka·tong rim·anirang bang·gija sa·dikchengaoni ba dongtogijaoni a·bachenga.
- Bang·bata changon mande ka·bak jatchio sa·dikani ba dongtogijaniko man·ronga.
- Sa·dikani ba dongtogijani uanbaibai dake dongkamaia. Neng·takachi, asongani bewal ba tuani bewalko dingtangatanichi ba sam ringanichi iako namatna man·ja.
- Mittam manderangode mamung chinrangan ong·katja.
- Ka·bak/chel-na agreba be·en-ni gipin kosakgipa bakrangoba dongtogijaniko man·ani. Dongtogijani, sa·dikani pakkreng, jakpong, gitok, wagam wama, ok ba janggilonaba sokangnaba gnang.
- Rang·sitania neng·nikani. Ka·tong rim·ani minggipin chinde rang·sitania neng·nikaniko man·anian ong·a. Ka·tong-ona oxygen nanggipako sokatna gita mande ong·rongbewal rang·sitana bate ta·rakte rang·sitnaba gnang. Mande game rang·sitnaba gnang ba rang·sisokjanaba gnang.

Gipin Chinrang

Mandeni been bokdelgapnaba gnang, mongsongbate mikkang. Ka·tong rim·e sagipa mittam manderang ding·ol kramchi ong·e be·en sosinaba gnang ba bilongbee ding·ol

kramchi ong·a, miksula, chigalna sika ba chigalnaba gnang. Uamang neng·ningnaba gnang, sko ritchenge niknaba gnang ba siboknaba gnang. Ia chinrangara ka·tongni kam ka·na nanga gita ka·na man·jani a·selo been-o sinjetaniko man·ani gimin ong·a. Mittam manderango mamung chinkoba man·janaba gnang.

- Me·a aro me·chikrango ia chinrangni dingtanggrikani. Me·a aro me·chikrango ka·tong rim·anio apan chinkon man·ronga: ka·bak/chel sa·dika ba dongsiksaka. Indiomangba, ma·sie ra·na nangchongmotgipade me·chikrang gipin a·sel sokgni chinrangkoba man·ronga, mongsongbate rang·sisokgijani, chigalna sikani ba chigala, janggil ba wagam wama saa aro neng·ani ba be·en saani ba dongtogijanikoba man·ronga. Jensalo me·chikrang ka·bak/chel saaniko man·a, uamang ka·tilik ba chel saaniko man·a altubata: sokni grengni bakni a·palo rang·san gitik gitak, indiba dongkamgijagipa, sa·dikani.
- Ka·tong sa·dikani ba rim·aniko saoba mande man·engaha ine nikjokko ba ma·sijokko, na·a:
- Rang·san 108 ba emergency number-ona rang·san phone ka·atbo.
- Uni dakenggipa kamko dontongchina aganenba uko neng·takatbo. Ian ka·tongni oxygen nanganiko komiatna dakchakgen. Bang·bata manderang jemangan ka·tong sa·dika ba ka·tong rim·aniko chagrongachim uamang asonge dongo nengrae rang·sitna man·a.
- Ma·ketgipa ba dongtogijagipa ba·ra cholako olgrokatbo.

Nambatgipa sana bananiko on·gipa manderang sokbakujana kingking na·a ua mandeni sambao dongenba simsak-nirokaniko daksobo. Mandeni be·en bimang dingtangani ba uni bewal dingtanganiko name nie ra·bo. Mandeni be·en an·senga an·sengjaniko niroke dongbo.

- CPR-ko on·a tarie dongbo aro mande sibokgenchim aro rang·sitjagenchim ong·ode AED-ko jakkalbo, dong·genchim ong·ode.
- Skangrango ka·tong sa·dikani ba ka·tongni saanirang dongama dongja uko ua mandeo sing·bo. Ka·tong saaniko man·gipa mittam manderang doctor-ni on·gipa samrangko ka·bak/chel sa·dikaniko namatna gita jakkalronga. Na·a ua mandena ringna on·gipa samko man·atna aro ringna gita dakchakaniko on·bo.
- Obostako nirokenba, aspirin-ko on·bo.

Dal·gimin Mandeni Janggi Jokani Cholrang ba Ritingrang (adult chain of survival) :

Dal·gimin mandena, cardiac arrest ong·ani somoio jokani cholrangkon adult chain of survival ine minga. Ia ritingo ming bunga nangdimgrikanirang gnang aro janggi jokna gita ming prakan rang·san ong·na nang·gen.

1. Sepango donggipa mandeni a·sel obosta ong·aniko seng·gnang ma·siningani.
2. Emergency Medical Services (EMS)-ko a·bachengatna gita seng·gnang 108-ona phone ka·ani.
3. EMS sokbakujana kingking CPR-ko seng·gnang daksoani.

4. Ka·tong su·anio neng·nikanirangna defibrillation-ko seng·gnang dakani
5. Nambatgipa simsak-nirokani aro sana bananiko seng·gnang ra·ani.



Bang·bata a·songrango, India a·songoba, cardiac arrest ong·jokko mandeni janggi jokanide bilongen komia. Somoia simsakbena nanga, nang·ni defibrillator-na sengmitingon mandeni janggi jokani cholde minit prakon 10% mang komiroroanga.

Bak VI – Balwa Ramako Champengani (Kangdangani)

Kangdanganichin rang-sitanio neng-nikaniko ra-baa. Ia obostara mandeni balwa ramako bang-gija champenganichi ba chu-gimik champengani a-selo ong-a. Miksele dongenggipa mande kangdanggenchim ong-ode, uni balwa ramao maiaba chang-ketani gnang, jekai cha-ani ba chongipa kal-akani bostu; ku-sik ba gitok-o ripomanichi; ba jo-olgipa ba jokgipa, jekai chigala ba an-chi.

Balwa ramako champengani :

Balwa ramako champengani minggni chol gnang :

Tong-sa ba bang-gija :

- Neng-bee rang-sitna nanga; Rang-sitani gam-naba gnang; mittam balwa jokanganiko ku-siko ma-sina man-a.

Chu-gimik :

- Rang-sitna jotton ka-ani nikna man-a; rang-sito gam-ani chin dongja; gingting aro/ba ku-sik gita balwa jokangani mamung chin-an dongja.

Mesokani Chinrang :

Champenga ba chang-keta gnangoni naljokna jotton ka-ani mittam chinrangara :

- Kenjagokani
- Gitok-ko rim-kete dongani
- Ku-sik agana man-jani
- Rang-sitna man-jani
- Mikkangni rong (bokdelgapa)

- Gusuna man-jani

Dal-gimin aro bi-sarangna kangdanganio sananiko dakani

Name Gusuani (Tong-sa Balwa Ramako Champengani)

- Saknaako man-gipa mande jekon gusuatna man-engachim uko chang-kete dongenggipa bostuko gusue ong-katatchina gita gusue galchina ka-donganiko on-a nanga.
- Chang-kete dongenggipa bostu ong-katjagenchim ong-ode, jokatenggipa mande ambulance-ko okamatna nanga.

Name Gusuna Man-gijani (Bilongbee Balwa Ramao Champenga Gnangani) :

Mikselenggipa Saknaako Man-enggipa Mande

- Saknaa man-enggipa mande mikselgenchim ong-ode, ambulance-ko okamatbo
- Jakpa janggilchi janggil jatchio pakkrenni greng jatchigriko chang-bongana rak-e janggilko dokbo. Chang-prak dokani ja-mano balwa ramao chang-ketaoni naljokaniko man-ama man-ja nibo. Iako dakaniara chang-bonga janggilo dokaniko joljol dakgija chang-prak dokachin naljokaniko on-a miksongani ong-a.



Saknaa man·gipa mandena pangchakaniko on·ani/Janggilko dokani

- Janggilo dokani kam ong·jagenchim ong·ode, jokatenggipa mande chang·bongana ka·bak sikaniko ba sikjetani dakna nanga. Chang·prak ka·bak sikjetani ja·mano balwa ramao chang·ketaoni naljokaniko man·ama man·ja nibo. Iako dakaniara chang·bonga ka·bak sikjetaniko joljol daggija chang·prak sikjetanichin naljokaniko on·a miksongani ong·a.



Chest Thrusts

apsan sikjetchakani biapko ma·sie ra·enba chang·bonga ka·bak sikjetaniko dakbo. Ian mandeko tuate ka·bak sikjetanimung apsanangaia indiba iako ka·sinkale dakskaa. Bi·sarang aro dal·giminrangko asongate ba chadengate sananiko dakna man·a. Chang·ketaoni naljokaniko man·kuja ong·ode, chang·bonga ka·bak sikjetaoni, chang·bonga janggil dokaniko dakangskabo.

Mikselgijagipa ba sibokgipa saknaa man·gipa mande

Siboke ba mikselgija dongenggipa mandeni balwa ramao champenge dongenggipako ong·katatna, nikatenga ong·ode, jaksiko jakkalna man·gen. Rang·sanang CPR·ko a·bachengbo.



Na·a saksan ong·emung kang·dangenga ong·ode;

- A) On·tisa gonggongenba maiba mangrakkigipa bostu·o an·tangni ok·ko sinjetbo, jekai asongchakani chokini janggilo.
- B) Ba, sakgipin mandeni ok·ko sikjeta gita an·tang ok·koba nang·ni jak·ko jakkale sikjetbo.

Kangdange dongenggipa bakgitchak bi·sana sananiko dakani (bilsa 1·na komigipa):

Kangdangenggipa bakgitchak bi·sana ia ka·mao on·gipa cholrangko daka:

- Champenge dongenggipa bostuko jaksichi bikotna man·genma man·jawa uko nichengbo.
- Batgitchak bi·sako chikipate nang jakpongo rimenba, uni mikkang aro be·en·na nang·ni jak·o pangchakaniko on·bo. Bakgitchak bi·sani be·en·ko a·achina songona gnang rimna nang·gen.
- Chang·bonga mangna bi·sani pakkreng janggilko dokbo.
- Champenggipa ong·katkujaode, bi·sani be·en·ko apsan bewalo rim·enba mitalatskabo.
- Jaksi ge·gniko jakkalenba chang·bonga mangna bakgitchak bi·sani ka·bak jatchio (sokni greng) sikjetaniko dakbo. Champenge dongenggipa

ong·katkujana kingking ba bi·sani mikselani gimaona kingking iako dakangkubo.

- Bi·sa mikseljahaode CPR-ko a·bachengbo.



Bak VII – An·chi Ong·ani

Be·en-o bilongbee saknaa man·e sianiona sokatgnipa a·sel minggipinde uan an·chi ong·anioni ong·a, uni gimin, sanchakani biapona sokkujagenchim ba sanchakani biapo ong·jagenchim ong·ode, an·chi ong·aniko tipatna jotton ka·anian mongsonggipa kam ong·a.

An·chi ramarang (blood vessel) minggittam rokkom gnan:

- Arteries (kan·chokoni dakbagipa mongsonggipa an·chi ja·dil)
- Veins (kan·chokona an·chiko ra·angpilgipa dal·gipa an·chini ja·dil)
- Capillaries (kniding gita chonbegipa an·chi jokani ja·dil)

Internal (Ning·o)

Mongsonggipa bakrango jekai ok, ka·sop, ba ok bibik-o an·chi ong·na altua. Ka·sop-oni an·chi gusuo ong·kata; ok-oni an·chi chigalo ong·kata; ok bibik-oni an·chi ki·i baksa ong·katchapa. Be·en ning·o an·chi ong·anichi, dongsiksakani, neng·ani, be·en bokdelgapani, chi ringna sikani aro sibokani, ta·rake ka·tong su·ani chinrang dongronga. Saknaa man·anio jeon be·en ning·o an·chi ong·achim, una ta·raken doctor-ko sandibo ba u·iatbo. Naljokaniko on·gipako sengsomingo, na·a ua saknaa man·gipa mandeko gisik tom·tomate, ding·bome rakkibo aro tuata gnan simsak-niroksobo. Una mamung ringanikoba on·a nangja – chi mangmangkoba. Saknaa man·gipa mandeko nambata sanchakani biapona pangnan tuata gnannga ra·jitangna nanga.

External (A·palo)

Saknaa man·gipa bak·ko katipbo (sterile gauze·ko adita gadangrang). An·chi joganiko tipatna gita name donbo ba jakchi rim·e dongbo. Jeon man·a, saknaa man·gipa bak·ko ra·doe dongbo.

An·chi ong·ani rokkomrang:

Kan·chokoni dakbagipa mongsonggipa ja·dil·oni an·chi ong·gipade bang·en ong·ronga aro ta·raken ong·a. Ka·tong su·a baksana ia tang·chretgen aro iako tipatna aro namatna neng·a aro indaken an·chi topnaba man·ja. Kan·chokoni dakbagipa mongsonggipa ja·dil·oni an·chide bilongbee oxygenated red blood cells gngangani a·selo an·chi ong·ani rong ching·e gitchakgen. Indaken ia ja·dil·oni an·chi ong·aniko bilongen simsakna nanga aro ian tipchanggiya an·chi ong·anichiba janggi gimaaniona soka.

Kan·chokona an·chiko ra·angpilgipa dal·gipa ja·dil·oni an·chi ong·gipakode sinjetanirang komikalenba tipatna nengrakala, aro an·chi topningaia. Ian oxygen·ko komie ra·ruraani a·selo ong·a, an·chini rong gitchakoba gisimmrang daka. Ia ja·dil·ni bak·oni an·chi ong·aniara janggina kena nange an·chi ong·ruruani obostaonaba sokna altua.

Knidinggita chonbegipa ja·dil·on an·chi ong·gipade ong·rongbewal ong·a aro ia ja·dilrang be·en bigilni sambaoon ong·ani gimin an·chi ong·aniko tipatna·namatna altua. Iano sinjetani komiani gimin an·chi tang·chretja ba ta·rake jokja, indiba ka·sne joka.

Sanani :

- Name nichengbo, Danger Response Send for

Help (A·sel Soko Dakchakaniko Am·na Watatbo), Airway Breathing (Balwa Rama Rang·sitani) CPR (Cardiopulmonary Resuscitation) + Control Major Bleeding (Mongsonggipa An·chi Ong·gipako Simsakbo) Defibrillation (DRSABCD)

- Sana bananiko sandibo (EMS re·baengaha)
- Saknaa man·gipa bak·ko sinjetna skang jabol ba bostu nape donganiko nichengbo.
- Saknaa man·gipa bak·ko sinjetbo.
- Ra·doani.
- Ku·chakjaode ba sibokode aro rang·sitani chu·ongjagenchim ong·ode, saknaa man·gipa mandeko recovery position·o (nampilatgnigipa bewalo donani) donbo.
- Piltai nipiltanianiko dakbo.
- Bilongbee an·chi ong·anichi mandeko sibokataona sokatnaba gngang aro uni janggiko naljokatani cholko dakna nangnaba gngang (CPR).
- Neng·takbo aro ka·donge dongbo.

Joljol Sinjetani :

An·chi ong·gipa bak·o sinjetanichi an·chi ong·aniko tipatna man·a:

1. An·chi ong·gipa bak·o jabol ba bostu donganiko name niani ja·mano, dal·gipa sterile trauma dressings·ko jakkalenba ua matgipa biapon joljol, agre bil on·gija, sinjetbo.
2. Skanggipa dressing ka·gipa gita an·chi jobbakuaiode, nanga gita dressing ka·dapbo.

Ra·doani :

Man·genchim ong·ode, matgipa bak·ko ka·tongni kosakona ra·dobo.

Torniquet :



Bak VIII – Fractures (GrenG Be·a ba Be·srianirang)

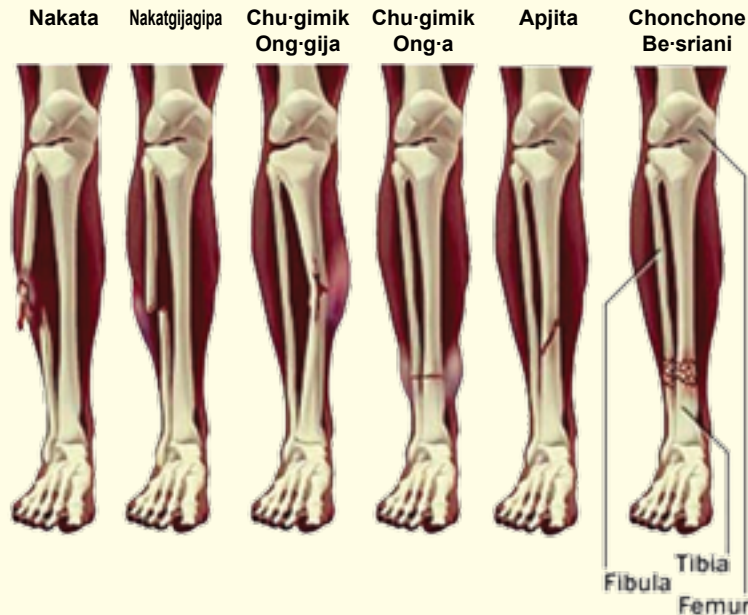
Fracture-ara grenG ni joljol dakanio be·aniko miksonga. GrenG be·anichi chu·gimik il·engna man·gijaniona ba mittam obosta a·selrangode mongsonggipa be·en-ni bakrangko aro/ ba mongsonggipa ja·dilrangko rat·tonga gita dakanichi janggi gimaaniona sokata.

A·sel Ong·atgnirang:-

- **JOLJOL BIL NANGCHAKANI:-** Be·en-ni bak-o bil gnang bilongbee nangchakani a·selo grenG be·a. Jekai. Guli nange saknaa man·ani, ro·ong ba rong·teo ga·akchakani, grenGo gari chakka rejetani.
- **JOLJOL BIL NANGCHAKGIJAGIPA:-** Bil nangchakgipa bak-o ong·gija chel·tange grenG be·a. Jekai. Collar bone – jak songdoe ba ra·doe ga·akani a·selo.

GrenG be·ani rokkomrang :

- **Nakatgipa grenG be·anirang:** Ian be·en bigilko naprote be·gipa ong·a. GrenGni bonchotgipa bak napangpilahaoba aro nikjagenchim ong·oba, iako nakate be·ani ine chankuenga.
- **Nakatgijagipa grenG be·anirang:** Indakgipa grenG be·anio be·en bigilo mamung naprotani ba gin·ani chin dongja.
- **Gipin bakrangko nangate brinbawe dake grenG be·anirang:** Indakgipa grenG be·anirango be·en ning·ani mongsonggipa bakrangko nosto ka·a, jekai ka·sop·ko su·protea, ba grenG be·ani jeni a·selon an·chi ong·rurua.



Greng Be·ani Chinrang

Greng be·gipa mande ka·mao on·gipaoni mingsa ba una bate chinrangko man·aba donga:

- Saknaaniko man·gipa bak-o sa·dikani
- An·chi ong·ani (a·palo ba ning·o)
- Grengni ku·chot ong·kate ba ong·katgija matani chin
- Bimang ong·siani
- Ja·a-jakni kandikani ba wilwilani
- Re·na ba chadengna man·gijani
- Saknaa man·gipa mande greng be·aniko knaa
- Nom·ani
- Ripomani ba ong·bewal gita ong·gijani

- Rang·san jagoka gita dakgipa chinrang
- Crepitus (greng natgrike gam·ani)
- Be·en-ni rong dingtangangani
- Ja·a-jakni kan·dikani

Sanani

Greng be·a ba be·srianina simsak-nirokani gadangrangara:

- Name nichengbo, Danger Response Send for Help (A·sel Soko Dakchakaniko Am·na Watatbo), Airway Breathing (Balwa Rama Rang·sitani) CPR (Cardiopulmonary Resuscitation) + Control Major Bleeding (Mongsonggipa An·chi Ong·gipako Simsakbo) Defibrillation (DRSABCD)
- Sana bananiko sandibo (EMS re·baengaha)
- An·chi ong·aniko joljol sinjetaniko aro ra·doaniko dakenba tipatna jotton ka·bo.
- Be·en bigil napongatgija greng be·gipana, sa·dikani aro ripomaniko namatna gita tin·kagimin borop-ko jakkalbo.
- Mana dipet il·engatgija donbo.
- Ja·a ba jak-ko il·engatgija ba moatgija dona nangao ga·akgenchim ong·ode, nang·ni sambao ba nang·ni jak-o gnanggipa je bostukoba jakkalbo, jekai, kodam/balis, magazine-rang, ba ja·a/jak-na pangchakaniko on·a gita dressing-rang.
- Greng be·gipa be·en-ni bakni ka·mao an·chi re·ruraaniko nibo.
- Piltai nipiltaianiko dakbo.

- Neng-takbo aro ka-donge dongbo.

**BE·GIMIN GRENGKO KAGOPANICHI
IL·ENGATGIJA BA MOATGIJA DONANI :**

***KAGOPNA TARISOGIMIN BOSTU DONGJAO GIPIN
KAGOPNA MAN·GNIGIPA BOSTURANG:***

- Iana card board, dol-remremgimin songbad ba magazine-rang, chatta, dol-gimin gombol, kodam/ balis-rangko jakkalna man-gen.

NAMGIPA KAGOPANI:

- Ian be-gimin grengni mikkang aro janggilchipakko pindapna man-a gita apale ro-na nang-gen, rinokgipa bostu ba kilchap gnange tarigimin ong-na nang-gen aro chola/ba-ra-ni kosako kagopna nang-gen.
- SALKRINGA : Saknaani jeon be-en-ko grengmung nanggrimatgipa ja-dil-o nangea.
- SAKSELA/LORIA : Saknaani jeon greng ritchuramrangko rakatgipa ja-dil-o nangea.

TANGSRETA: Ian grengni biaponi jitaniko miksonga.

SEANI:

- *Mamung Saloba Tang-sretgimin Grengko Biaptangona Jitapilna Jotton Ka-nabe.*

KAGOPANI:



Noksa 1: Jaksu Tema



Noksa 2: Humerus (jakbrakni greng) aro Jaksu Sronga



Noksa 3: Ja-sku Sronga aro tibia fibula (gadang 5 bandage wenani)



Noksa 4: Ja-ping, ja-pingni greng, ja-sku, tibia fibula (gadang 7 bandage wenani)



Noksa 5: Ja-sku Tem-a



Noksa 6: Ja-gitok



Noksa 7: Jaksirang

GRENG BE·ANI/BE·SRIANIRANG ARO GRENG TANG·SRETANIRANG

- Ka·gopna skang aro kagopmanani ja·mano pangnan P.M.S (Pulse-ka·tong su·ani, motor ability-il·engna/ siksakna man·ani aro Sensation-rimdiko ma·siani)-ko nironbo.
- Pulse-kode ja·dilko rim·e nianichi ma·sironga (Carotid ba Radial).
- Motorability-de saknaa man·gipa mandeni jaksirang ba ja·sirangko il·engna man·a man·gijaniko niani ong·a.
- Sensation-kode mandeni jakpa ba ja·pa-ko se·ete ba ku·ake/brike nianiko miksonga.
- Gitok-o ganani ba·rako (cravat) ka·bak-ni kosako ka·mitingo, pangnan saknaa man·gipa mandeko an·tang rang·sitaniro ra·rike dongchina aganbo (saknaa man·gipa mande mikselenga ong·ode). Saknaa man·gipa mande sibokjokode ba mikseljaode, cravat-ni ka·mao jaksi ge·gniko donenba, ka·bakni kosako, uni ja·mano cravat-ko kabo.

KAGOPMITINGO JA·RIKNA NANGGNIRANG

1. Pilak gadangon bonchotaona kingking ka·tong su·aniko nie nibo.
2. Ja·a aro ja·sirang il·engna man·ama man·ja uko nibo.
3. Jakrang aro ja·sirang il·engna man·ama man·ja uko nibo.
4. Ja·sirango rim·e nio ma·siana ma·sija uko nibo.

5. Jaksirango rim·e nio ma·siana ma·sija uko nibo.
6. Saknaa man·gipa mande mamungko u·ijagenchim ong·ode, be·en-na sa·dikaniko sokato ma·siana ma·sija uko dake nibo.
7. Naljokaniko on·aniko miksonganiara saknaa man·gipa mandeni skotengko sronge ka·sne rim·e donganiko miksonga.
8. Jakkalna on·genchim ong·ode, saknaa man·gipa mandeo rakgipa gitok il·engatgija donani bostuko kabo.

Bak IX – Wa·al Kamani

Wa·al kamani saknaa man·anirangoni, sana man·dikgiparangoni aro simsak-nirokna nangbatgiparangoni mingsa ong·a. Wa·al kama man·gipa mande bilongbeen be·en sa·dikaniko man·aba gnang, kama manani gadango pangchake be·en bigil kamani gon ong·katnaba gnang, aro kamchapgipa ba·ra chola be·en-o ma·skapnaba gnang. Wa·al kamanina simsa-nirokani aro sananiko dakna skang, baditana bilonge wa·al kama ba wa·al kamani gadangko nichengna nanga. First and second degree burns-ara (skanggipa aro gnigipa degree-o wa·al kamani) sal rakao donganichi ba wa·al kamgipa be·en-ni bak-ko sal nangatanichi ong·naba gnang.

Wa·al kamani gadangrang :

- First Degree – be·en bigil gitchaka
- Second Degree – be·en bigil chichila
- Third Degree – be·en bilongen kamaha, wa·al kamani ning·o gnanggipa tissue-rangona sokangnaba gnang. Bilongbee wa·al kamani obostarango be·en bigil ba kmil dakgiparang kame bonaba gnang.

Sanani :

- *First degree aro second degree wa·al kamani, kosakgipa be·en-ni bakni 1% (jakni apala gita) mangonasan gipaiode:*
1. Wa·al kamgimin bak-ko ka·singipa chi·chi su·galbo ba chi·o dim·bo
 2. Sabon-ko dim·e ka·spu ong·atgimin chi·chi sugalbo

3. Sterile gauze-ko kamgimin bak-o donatbo
4. Kamgimin bak-ko bandage-chi mangrake katipbo

● *Je degree-niba bang·e kamani*

1. Doctor ba hospital minit 30 ba una komie chel·ao donggenchim ong·ode:
 - Saknaa man·gipa mandeko a·sel ong·anichi rang·san jagokani ba rang·san duk ong·aniko sanbo
 - Saknaa man·gipa mandeko nambata sana banani cholko man·atna gita dakchakbo, na·a an·tangari sananiko dakna jotton ka·nabe
2. Nambata sana banani chol-ko man·a neng·genchim ong·ode (jekai a·palo/chel·kala biapchi songreango):
 - Kamgipa bak-oniko chola ba·rako okbo. Chola-ba·ra kamgimin bak-o stapgenchim ong·ode, stapkugijagipa chola-ba·rako kamgimin bak-oniko duule rate galbo
 - Kamgimin bak-o antiseptic cream-ko nongbo
 - Sterile dressing-rangchi kamgimin bak-ko pindapbo
 - Bandage-ko mangrake kagopbo (agrepile ma·ketgija)
 - Saknaa man·gipa mandeko a·sel ong·anichi rang·san jagokani ba rang·san duk ong·aniko sanbo
 - Saknaa man·gipa mande mikselgenchim ong·ode, nangnika gita chu·onge chi·ko ringna on·bo. Commercial sport drinks-rang, dong·genchim ongode, chi·na bateba nambata.
 - Saknaa man·gipako nambata sana banani cholko

on·gipa biapona man·a dipet seng·gnang sokatbo

Mamung Saloba Iako Daknabe!

- Kamgimin bak·ko jaksirangchi dangtapnabe
- Kamgimin bak·o rang·sitdapnabe
- Chichilanirangko napongatnabe ba Bretatnabe

Kagopgimin dressing·rangko bodolbo. Nambata sana banani cholko on·giparangs first aid·o dressing ka·anirangko kulina ba bodolna nanga.

Simsak-nirokani (The 3 C's):

COOL (Ka·sina)	Bo·omgipa, joksalgipa chi·ko minit 20 mangna jakkalbo. Chemical·chi kama man·anirangna konta sa mang
CLEAR (Rongtala)	Kamna nengragipa jekoba ra·galbo (jean stapkuja). Gitok jakrango gangipa sona rupa ba ghorirangko okbo. Chemicals nanggimin chola ba·rako oke galbo.
COVER (Pindapa)	Bigilo stapgijagipa dressing (non-adherent dressing). Cling·film, donggenchim ong·ode, nambata.

Bak X – Chika aro Dela Man·anirangna First Aid

Manderang salantian joongrang, guang·rang, chipurang, matburing·rang aro sagalo gnaenggipa ma·manti jontu ba jo·ongrangchi chika aro dela man·ronga. Bang·bata changon, ia chika aro delanirang mandena mamung a·sel obostako ra·baja. Indiomangba, maiba dagipa obostarangode, mittam chikanirang aro delanirang manderangko sakamata ba bisi·oni chel·chakaniko man·jani a·selo janggi gimaaniona sokata. Manderang ba gipin matburingrang chi, jekai achak, menggo, do·bak, raccoon aro mese·chi chika man·anichi, bilongbee matchitaniko man·a aro pari man·ata ba tissue·ko gin·ata.

RAMRAM JOONGRANGNI DELARANG

1. Delgimin biri donggenchim ong·ode, rikote galbo ba silkepchi ka·sne ote galbo
2. Baking soda aro cold cream·ko brine tarigiminko nongbo ba ganggu aro gipin jo·ongrangni chikanina bajar·o palgipa nonganiko nongbo. Calmine lotion·ba ka·kitaniko namatna man·a.
3. Bang·dame delanirang gnaangode, ba uni a·selo gipin obostarang ong·chapgenchim ong·ode (jekai, bilongbee be·en bigil gitchakani ba rang·sitanio neng·nikanirang), ba skangrangoni indaka obostarang gnaanggenchim ong·ode, uko rang·sanan nambata sanchakani biapona rimangbo.

Ru-dat Chikanirang



Talatani : Rudat-ara dalgapgipa, gitchakmrang a-mangrong daka aro ¼ mang dal-a ba apala. Chikchengmitingo sa-dikjagenchim ong-oba, ru-dat chikade gitchaka, ripoma aro ka-kita. Chikanichi obosta sokerang dingtang dingtang gadangrango ong-ronga.

Sanani : Baking soda aro cold cream-ko brine tarigiminko nongbo ba ru-dat chikanina bajar-o palgipa nonganiko nongbo.

Bija aro Am-eng Delanirang



Talatani: Delgipa bak-o sa-dikbee ripomgen aro gitchakgen. Be-en bigil-oni delgimin biri nakate dong-gen.

Sanani :

1. Credit card-ni rikkingchi, churi dalgapgipachi ba jaksilchi rikote galbo. Mamung saloba delgimin biri-ko jete galna jotton ka-nabe, maina iako dakgenchim ong-ode, delgimin bija/a-mengni biri be-en bigil ning-achi naproraanggen.
2. Delgimin biri-ko otmanjokko, delgipa bak-ko sabon aro chi-chi name su-galbo.
3. Ice pack ba chi ka-sinao dim-gimin ba-rako tapbo.

4. Mittam manderangni gipin obostako ba chinrangko man-anirangara:
 - Rang-sisokgijani
 - Sre ritchaani
 - Ding-ol kramchi ong-ani
 - Delani a-selo be-en-na dingtang obostarang sokani
 - Delanirangni a-sel obostarang sokode, sana banani cholko on-gipa biapona re-angbo.

Chiggers (Sahi)



Talatani : Bimang chonbeani gimin iako dalate niani ostro chisa nikna gita man-a. Sahi-rang jongmatrangmung dingtanga maina uarang jo-ong bimang ong-bamiting somoiosa cha-ama. Sahi jo-ong bimang ong-bamitingo be-en bigil kosako, maiba champenganiko chagrongja dipetnade re-rame donga, jekai underwear-ni ba muja-ni elastic-o. Uni ja-mano

uarang be-en-o ma-gape donge an-chiko opronga. Uarangni an-chi oppenggipa be-en-ni bak gitchaka aro ka-kita.

Sanani :

1. Ua be-en-ni bak-ko sabon aro chi-chi name su-galbo
2. Local topical hydrocortisone cream-ko nongbo; antihistamine, ba local anesthetic cream-ko ka-kitaniko namatna gita nongbo. Calamine lotion-koba jakkalna man-gen.

3. Ua be-en-ni bak-ko ku-akna/brikna nangja

Champengani : Jo-ong katatgipa samko nang-ni ja-arango satbo. Dimenthylphthalate ba flowers of sulphur (rimit sulphur powder) koba ja-gitoko aro mujarango jakkalna man-gen.

Atching Delani



Talatani: Atching delani ja-mano, chonchone gitchake be-en-o nadota. Konta sani ja-mano, iarang chichilna a-bachenga.

Sanani :

1. ½ konta mangna minit chikung prako ice pack-ko tapbo.
2. Borop tapmanani ja-mano, calamine-ko nongbo.
3. Mittam manderangni gipin obostako ba chinrangko man-anirangara:
 - Rang-sisokgijani
 - Sre ritchaani
 - Ding-ol kramchi ong-ani
 - Delani a-selo be-en-na dingtang obostarang sokani
 - Delanirangni a-sel obostarang sokode, sana banani cholko on-gipa biapona re-angbo



Su-tik Chika



Talatani : Su-tik chikjokode ja-sku ka-mao ka-kite gitchake be-en-o nadotani chinko man-ronga.

Sanani :

1. Ka-kitaniko namatna gita ice pack-ko tapbo.
2. Ice pack-ko ra-galani ja-mano aro be-en ran-manjokko, calamine-ko nongbo.

Ganggu Chika



Talatani : Ganggurangni ku-sik ba gingtingni bak ro-a aro indaken uarang an-chiko sal-opa. Uarang andalgrimgrim dakgipa, teng-suani ba jasenga komigipa aro chibol dakgiparango bang-bata.

Sanani : Ganggu chikaniko namatna sting aid-ko jakkalbo.

Manggisang/Mangkram Delani



Talatani: Manggisangrangko gitcam bolni nokrango, bol danarango aro samsirango nikna man-ronga.

1. Ka-singipa tapani
2. Dela man-gipa mandeko man-a dipet sanchakani biapona seng-gnang rimangbo.

Guang Chikani

Guang chikani aro manggisangni delani chinrang:

1. Be-en-o chika ba dela man-ani chin.



2. Chika ba dela man·gipa be·en-ni bak-o bilongbee sa·dikani.
3. Be·en chichilani, be·en bigil nosto ong·ani ba ripomani.
4. Ka·reka ba chigala.
5. Greng ritchurango sa·dikani.
6. Be·en-o sin·a napa ba fever.
7. Minokna ba rang·sitna neng·nikani ba be·en-o minggipin chinrang ong·katani.
8. Tipchanggiya ding·ol kramchi ong·ani ba ku·chi jokani.
9. Be·enrang sa·dikani ba ok ba janggil sa·dikani, miksulani ba gitilani, ka·bak/chel sa·dikani, ka·tong su·a ta·rakani, chika man·gipa bak-o pari nakatani.

Sanani:

- Pari ong·aniko champengna gita, ua mande mamung gitaba gipin obostarang nakatdapjagenchim ong·ode, antibiotic ointment-ko nongbo.
- Chika dela man·gipa bak-ko bandage kabo.
- Sa·dikani aro ripomaniko komiatna gita ice pack ba ka·singipako ua be·en-ni bak-o tapbo.
- Nambata sananiko ra·na gita ua mandena ku·pattianiko on·bo.
- Guangni bisi gipanganiko champengna gita bi·sarangna aro butchuma budeparangna antivenom-ko jakkalna nangnaba ghang.

NASKETRANG



Talatani: Nasket dobitchini bimang daka aro skoteng chona. Ian tappra rong ba a·mangrong gita daka, iani be·en-ko dingtang dingtang dake bak ka·ja. Dal·a chu·ongjokode ia $\frac{1}{4}$ -oni $\frac{3}{4}$ mang ong·a. Ia be·en ning·achi bitnaba man·aia.

Champengani :

1. Nasket bang·gipa biapo ong·genchim ong·ode, be·en aro chola ba·rangko name nibo aro nasketrang m a · b a k g e n c h i m ong·ode rang·sanang ote galrongbo.
2. Sakgipin mandeko nang·ni janggiloniko nasket ma·baka donga donggijaniko name nichina aganbo.
3. Nasket bang·gipa biaprangchi re·na skang nang·ni gitok, ja·arang, gitok janggil aro jakrangko jo·ong katatgipa sam jeon Deet 17 ghangchim uko jakkalesa re·rongbo.



Sanani :

1. Nang·ni be·en chapchap silkepko ra·enba nasketko silkepchi ka·sne rim·e otbo. Nasketko sakselnabe ba rim·krepnabe.
2. Nasketko otmanani ja·mano, iodine solution-chi ua bak-ko name ripakbo.
3. Nasketko otna man·jagenchim ong·ode ba uni ku·sik be·en ning·o dongrikgenchim ong·ode, sana banani cholko ra·bo.

4. Be-en gitchakgenchim ong·ode ba sin·a-ding·a/sordi-gusu man·a gita chacha chinrang ong·katgenchim ong·ode (ka·mao on·gipako nibo) rang·sanan sanchakani biapona re·ange sana bananiko ra·bo.

- Be-en sin·a ba fever
- Be-en, greng aro greng ritchurangni sa·dikani
- Kang·kare, janggil aro sko sa·dika
- Gusua, chigala aro bilgria
- Sal 2-oni sal 4 rango be-en-o gitchake nakata

Chipu Suanirang

Bisigrak chipurang PANGNAN DE mandeko suo bisi WATRONGJA. Indiomangba pilak chipu-an tetanus (ku·sik ku·angna man·ja) ra·bitnaba gnan; je mandeba chipu bisigrak ba bisi dong·gijagipa chipu suanina pangnan rang·sanan sanchakani biapona re·ange sana bananiko ra·na nanga.



- Chipurang bisi chimonge dongipaoniko kolgranggrang dakgipa waching gita bisiko watronga. Chipuni jat-o pangchake ia wachingrang ro·a ba kan·dika.

Bisigrak chipu-chi sua man·ani chinrang :

- Wachingni chin
- Ua be-en-ni bak-ni sa·dikani aro an·chi ong·ani

- Matchikita/ripoma/gitchaka
- Chichila
- Pari ong·a

MAN·GOPE AGANANI

Ka·reka/chigala/ok sa·dika/bilgria/tusina sika

- Mikcron nikani komia ba srange nikja
- Kenjagokani chinrang
- Be-en gimiko ripomani
- Be-en gimiko sa·dikani

Sanani

- Chika sua man·gipa bak-ko su·galbo.
- Elastic bandage-ko ka·tongenba ka·tong·ona an·chi ra·ruragipa rama gita bisi gipanganiko champengna gita ia ka·mao on·anirangko ja·rikbo:



Mandeni rim·dapo ma·sia ma·sigijani, ja·a jakni rong dingtangani aro be-en ding·a ding·janiko nibo.

- Bandage-ni ku·chotko be-en-o nangate donbo aro uoni wendapdapangbo.
- Be-en-ni bak-ko chu·gimik pindapna man·a dake wenwena nang·gen, jekai jakgitok ba ja·pate, ka·tong·oni chel·batgipa bak·oni a·bachenge. Greng ritchugipao ong·ode, jekai ja·sku ba ja·gitok-na, greng ritchu-na pangchakaniko on·a gita figure-eight turns-ko jakkalbo.

- Elastic roller bandage-ko kagopman·ani ja·mano, saknaa man·gipa bak-ni kosak aro ka·magipa bak-o rim·e nianio ma·sia ma·sigijani, rong aro ding·a ding·gijaniko nie nibo, mongsongbate jaksirang aro ja·sirangko. Kagopna skang aro kagopman·ani ja·mano nie nianichi, ka·jik ka·jik dakani ba jada ong·aniara elastic bandage-ni a·selosama ma saknaa man·ani a·selosama uko ma·sina gita man·gen.
- Bandage ka·ani ma·keta ma·ketgijaniko nie nibo – kagimin bandage ning·a gita jaksi nengraen sikatna man·a nang·gen.
- Saknaa man·gipa bak-ko tom·tom aro ka·tongoni ka·mae dona nang·gen. Nangchongmota ong·osa, ua mandeko re·na on·bo.
 - ✓ Tin·kagimin ka·singipa chiko **tapnabe**.
 - ✓ Mata man·gimin bak-ko **ratnabe**.
 - ✓ **Opnabe**
 - ✓ An·chi jokaniko champengna gita kagopaniko (tourniquet) **daknabe**.
 - ✓ Bijolichi **nangatnabe**, jekai gari battery-oni.

Matburing Chikani

Noko jilgipa ba buringo donggipa matburingrangni chikanichi nom·gipa tissue-ko nosto ka·a aro pari man·ata. Ianoni man·a kragipade rabies ong·a. Rabies, saa man·gipa matburingrangni, jekai skunk, do·bak, raccoon, menggo, a·chak, matchurang aro perurangni ku·chi gita bata.

Matburingchi chika man·ani chinrang:

- Chika man·ani chin ba dagi

- An·chi ong·ani

Sanani

First Aid.

- (1)Matgipa bak-ko sabonchi name su·sranbo
- (2)Chi·chi name satprakbo
- (3)Sterile dressing·chi kagopbo
- (4)Nanga ong·ode, saknaa man·gipa jak ba ja·a·ko il·engatgija donbo
- (5)Saknaa man·gipa mandeko ta·raken Medical Treatment Facility·ona (MTF) rimangbo.



Bak XI – Bisi Man·ani

Bisi, ian je bostuba ong·aia, jean be·en ning·achi napjokkode saknaaniko man·ata, sakamata ba janggi gimaaniona sokata.

Bisini Rokkomrang

Mande bisiko minokmananichi, gingsikanichi, be·en gita napanichi ba be·en-o su·protatanichi bisiko man·ronga.

Minokgipa Bisi

Bisirang jekon minokmana uaragara cha·anirang, mittam me·gimurang, buringni biterang, bikrok gnanggipa chini jontu jekai etchaluk, ang·ke dakgiparang; samko nangana bate jakkalanichi, jekai tusiatani samrang, tranquilizer-rang aro chu ba pekgipa samrang; samrang jekai aspirin, nokni bosturang, jekai jo·ong siatani samrang aro rongtalatani bosturang.

Gingsikgipa Bisi

Bisi gnanggipa wal·ku ba balwako rang·sitmananichi (gingsika) mande bisiko man·a altua.

Mittam bisi gnanggiparang jekon gingsikmana, uaranga:

- Gas, jekai
 - ✓ Engine ba gari-oni ong·katgipa carbon monoxide.
 - ✓ Nala ba chiakolrangoni carbon dioxide.
 - ✓ Jrochakani biaprango (swimming pool) gnanggipa chlorine.
 - ✓ Nerve gas.
- Ong·katgipa bibarang :

- ✓ Nok-o jakkalgipa bosturang, jekai stapatna jakkalgipa at·ta aro rongrang.

Napgipa Bisirang

Bisirang jean be·en gita napachim uarangko ma·manti dingtang dingtang bakrangoniko unbaksana bol pang aro pulrangonikoba man·a, jekai bolo wegipa tangsekgipa bisigrak budu aro bisigrakgipa bol, aro ge·a gamanio jakkalgipa samrang aro jo·ong siatgipa samrang.

Sikata ba Chipatgipa Bisirang

Maburingni chikanichi ba joongrangni delanichi ba samrangchi ba bijirangchi samrangko suanichi sikatgipa bisi be·en-o napa.

Bisi man·ani chinrang-ara ka·reka aro chigala, diarrhoea, ka·bak/chel ba ok sa·dika, rang·sitna neng·nikani, ding·ol kramchi ong·ani, mande sel·gijani ba miksele dongani bewalrang dingtanganga, ja·dil sala, sko sa·dika, miksula, be·en bilgria, mikkron nonori nia bewal dingtanga, mikkron nichaona man·gija sa·dika ba mikchi ong·a, an·gil rong dingtanganga, ku·chil, sre ba be·en bigilo kama gita daka.

Sanani

- A·sel obosta sokgnina simsakbo!
- Bisi man·ani bewal ong·ani gimin mamungko dakgija dongbo. Naljokgnigipa biapo dongsobo.
- Dakchakgniko sandibo (EMS-na u·iatna gualnabe).
- Name nichengbo, DRS ABCD (nangdimgimin rongtalgijanirang donggenchim ong·ode, sikjetgipa CPR-ko on·mangmangaibo).
- Ku·chakjaode, miksellaode aro chu·onga gita

rang·sitgenchim ong·ode, saknaa man·gipa mandeko gitchingate tuate donbo.

- Mai bisiko man·ahachim, baditana aro basako uko ma·sina jotton ka·bo.
- Chemicals ba samni bakos sambao donggenchim ong·ode, uko ambulance paramedics-rangna mesokna donsobo.
- Mandeko name nipiltaibo.
- EMS-ni dakna ge·etako man·ja skalde, chigalatna jotton ka·nabe.
- Irongatgipa ba nosto ka·atgipa bostuko minokman·genchim ong·osa chi aro dud·ko on·a nanga (EMS-ni ge·etanirangko ja·rikbo).
- Neng·takbo aro ka·donge dongbo.

Bak XII – Chio Dubiani

Chio dubienggipa mandeko jokatmitingo bilonge simsaknanaangaro kenchakanirang bang·bea. Neng·nikaniko chagrongenggipa mandeko jokatna gita jroangna skang, na·a iako dakna man·gen man·gijaniko nichengbo. Bang·bata manderangan ka·dongpretemung sakgipin mandeko jokatna jotton ka·e an·tangtang janggitangko gimaatranga maina uamang name skiako man·ja aroban mai a·sel obostarang sokbagen uko simsaksoja aro chanchisorongja.

- Chio sripigipa mandeko chi·oni chel·chakgipa biapona ra·galbo.
- Mande mikseljagenchim ong·ode aroban rang·sitjagenchim ong·ode aro ka·tong su·ani mamung chin dongjagenchim ong·ode, CPR·ko dakbo.
- Mande rang·sitgenchim ong·ode aro ka·tong su·enga ong·ode, recovery position·o donatbo.
- Hypothermia man·aniko champengna gita mandeni sosigipa chola·ba·rako okenba bo·omgipa ba·rako pindapskabo.

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