

LIFESMARTS VOCAB 2022

WEEK 1 - Emergency and First Aid

Heimlich maneuver: A first-aid procedure to dislodge an obstruction from a person's windpipe; a sudden strong pressure is applied on the abdomen, between the navel and the rib cage

Sprain: An injury to ligaments, the tissue holding bones, cartilage and joints together

Anaphylaxis: A life-threatening whole body allergic reaction which causes airway swelling and shock

Urgent Care: Walk-in clinics offering medical care for an illness or injury that requires prompt attention but does not require a hospital