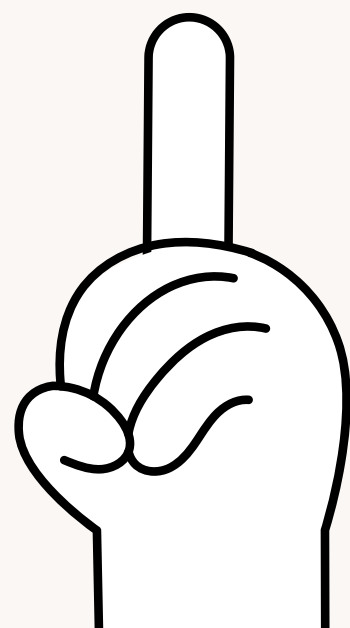


Decision making



General Secondary School in Bolimów
Presentations created by:

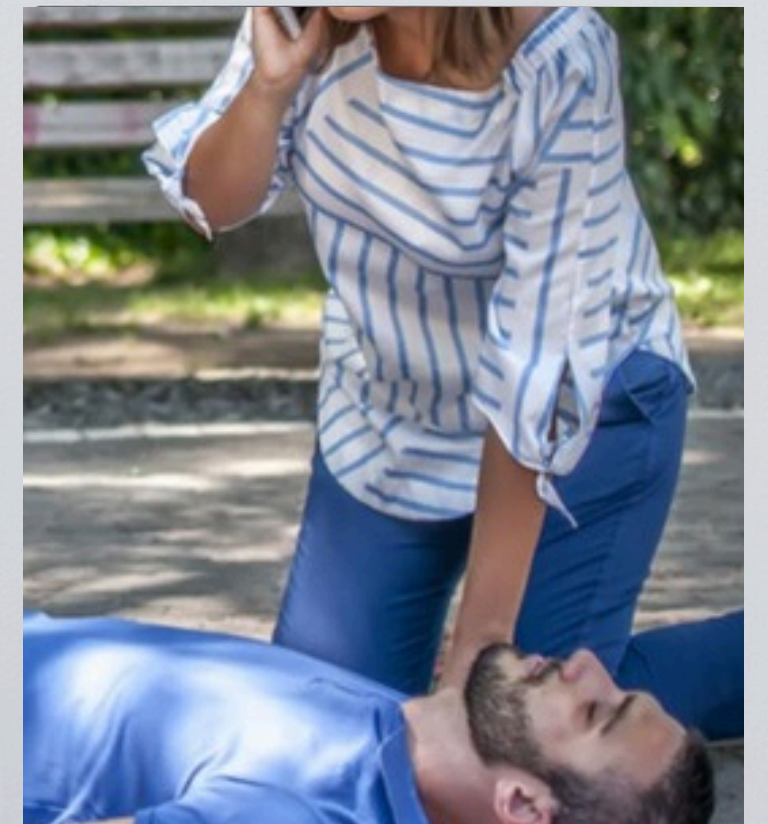
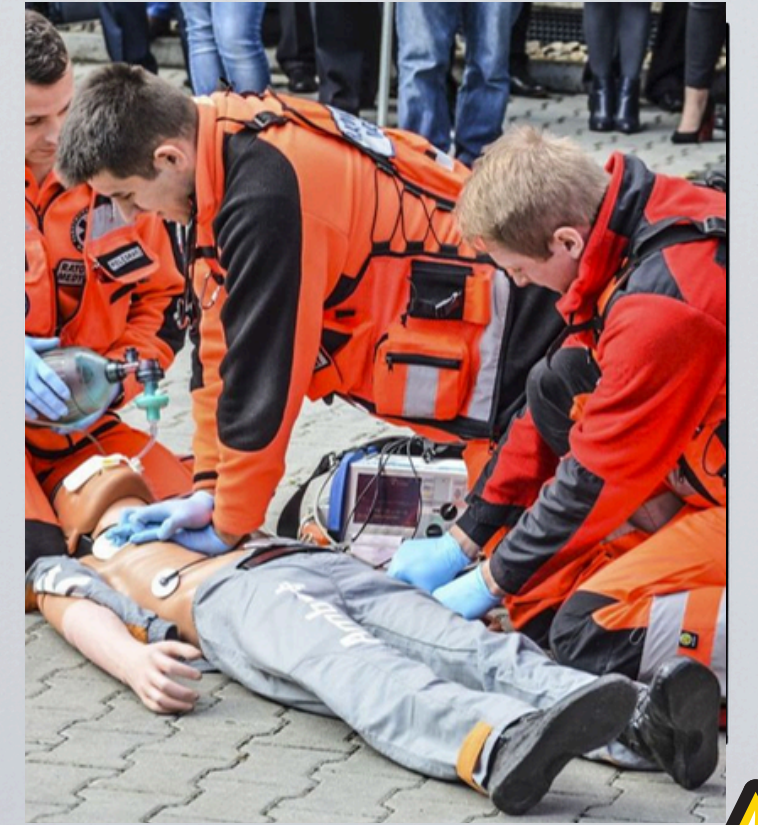
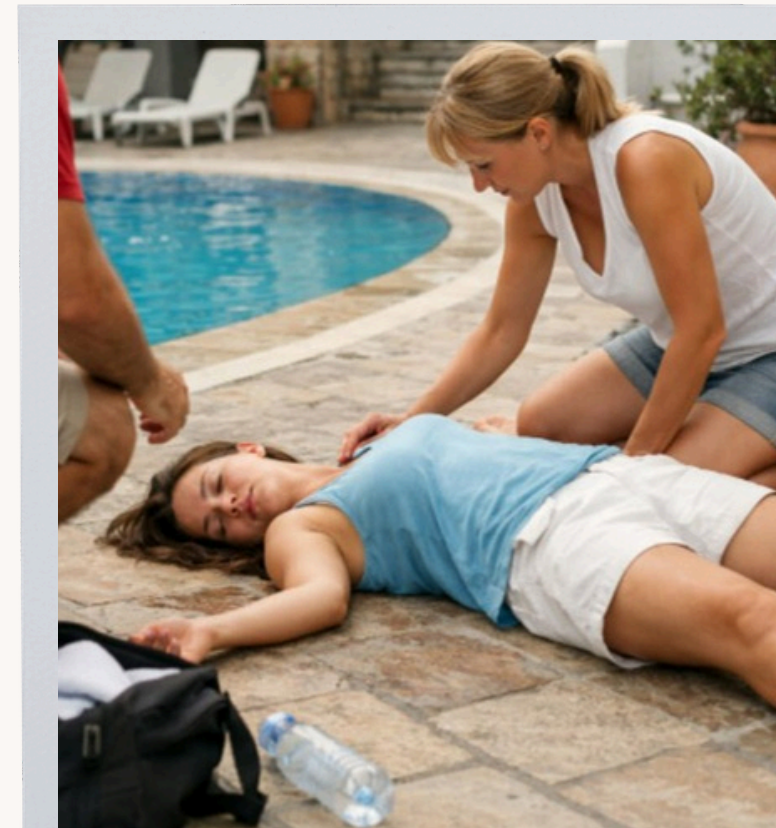
Dominika P
Karina B
Marcel K
Piotrek R
Patrick P.



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Situation No. 1 - unconscious person:

When you notice someone lying on the ground and unresponsive, the most important thing is to remain calm and act according to a specific pattern. (shown on another slide)



What to do in such a situation:

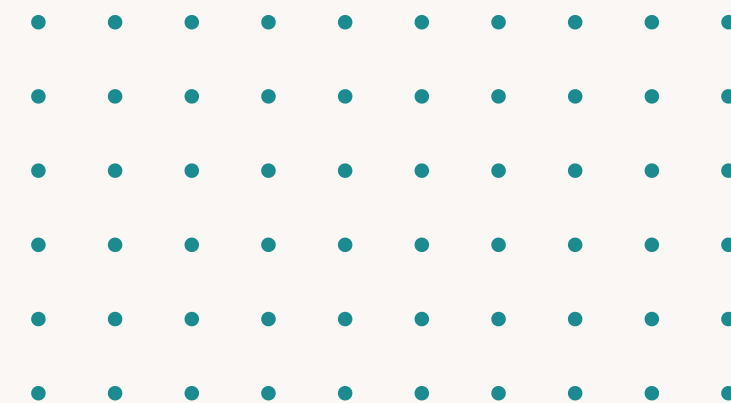


1 First, you need to check whether the surroundings are safe (for both you and the injured person). If there is a threat, do not put your own health at risk.

2 Then, check if the person responds to auditory stimuli (talk to the injured person) and touch (you can shake them lightly). If there's no response, it means the person is unconscious. Then call for help (112) or ask someone nearby.



3 Then, check if the person responds to auditory stimuli (talk to the injured person) and touch (you can shake them lightly). If there's no response, it means the person is unconscious. Then call for help (112) or ask someone nearby.



To be continued



4

After calling for help, you need to check if the injured person is breathing. After tilting their head back using the chin-to-chin technique, place your ear next to the injured person's face and check for 10 seconds to see if their chest is rising or if you can feel their breath on their cheek.

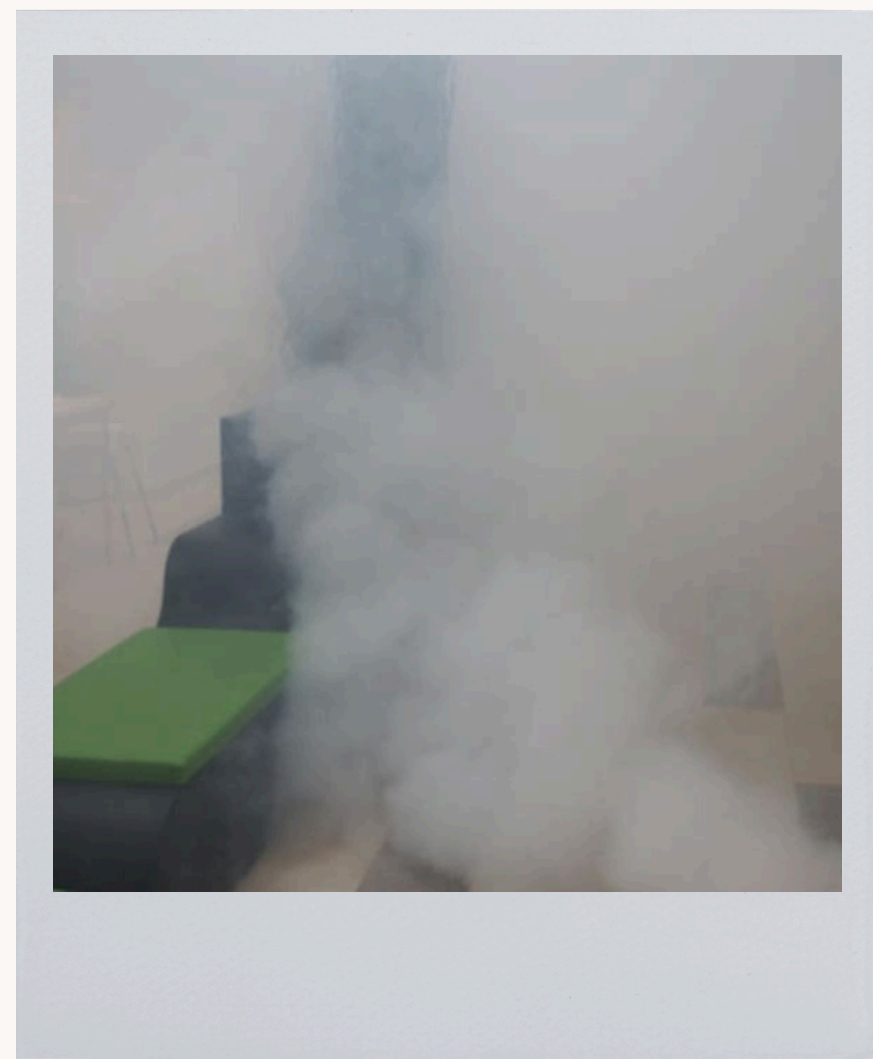
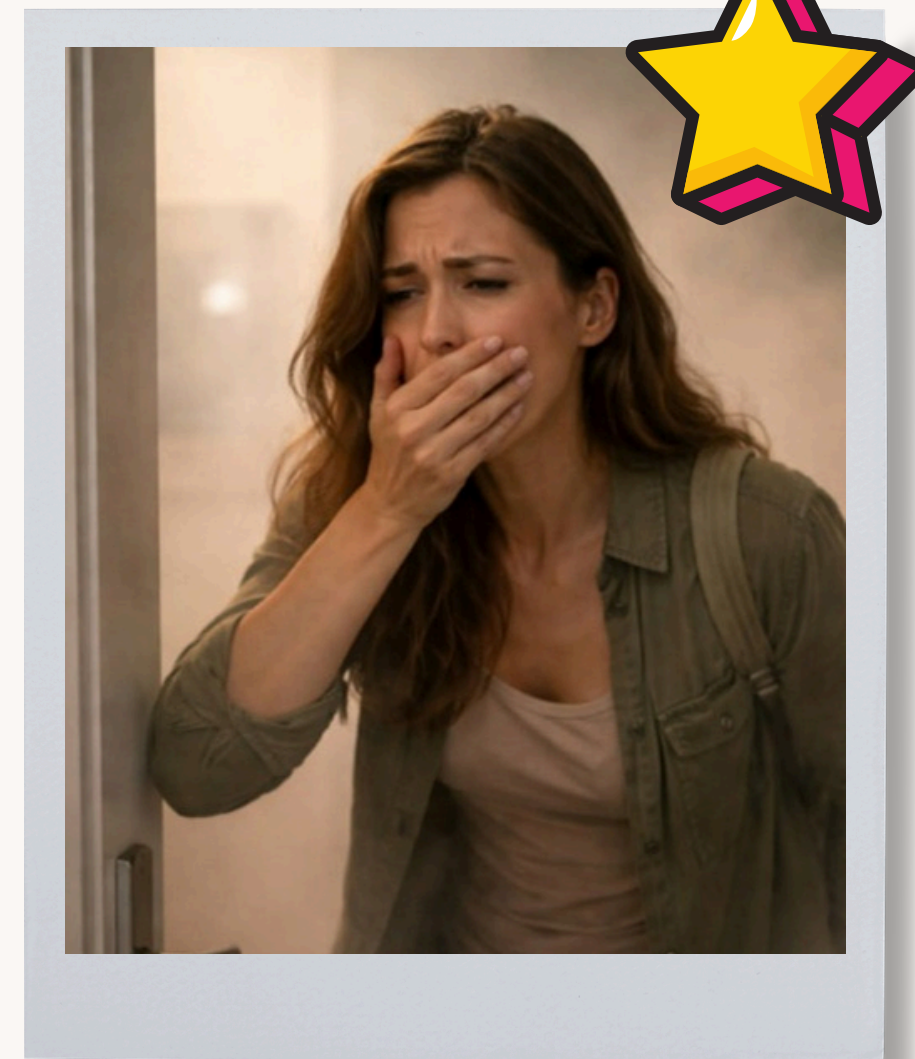
5

If the person is breathing, place them in the recovery position and wait for help to arrive. If they are not breathing, begin cardiopulmonary resuscitation (CPR), which involves 30 chest compressions with two breaths, until the ambulance arrives. [Exceptions include fatigue, switching places, a sudden safety threat, or the paramedic taking over the patient].





© **Situation No. 2 -
Smoke-filled room**



When you notice that a room is starting to fill with smoke, it is a sign of a serious threat, most often a fire.



What to do in such a situation:



1

The most important thing is to stay calm and quickly assess the situation; panic can lead to bad decisions such as running aimlessly.

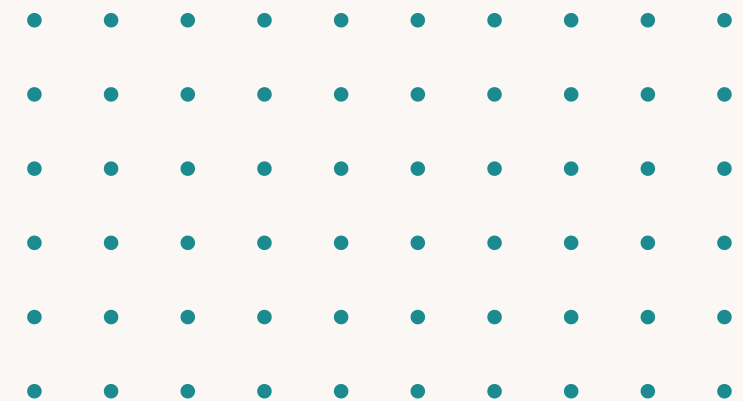
2

You should try to find an escape route as quickly as possible. When moving, stay as low to the floor as possible (where the air is least smoky and easier to breathe). If you can leave the building, do so as quickly as possible without returning for personal belongings.



3

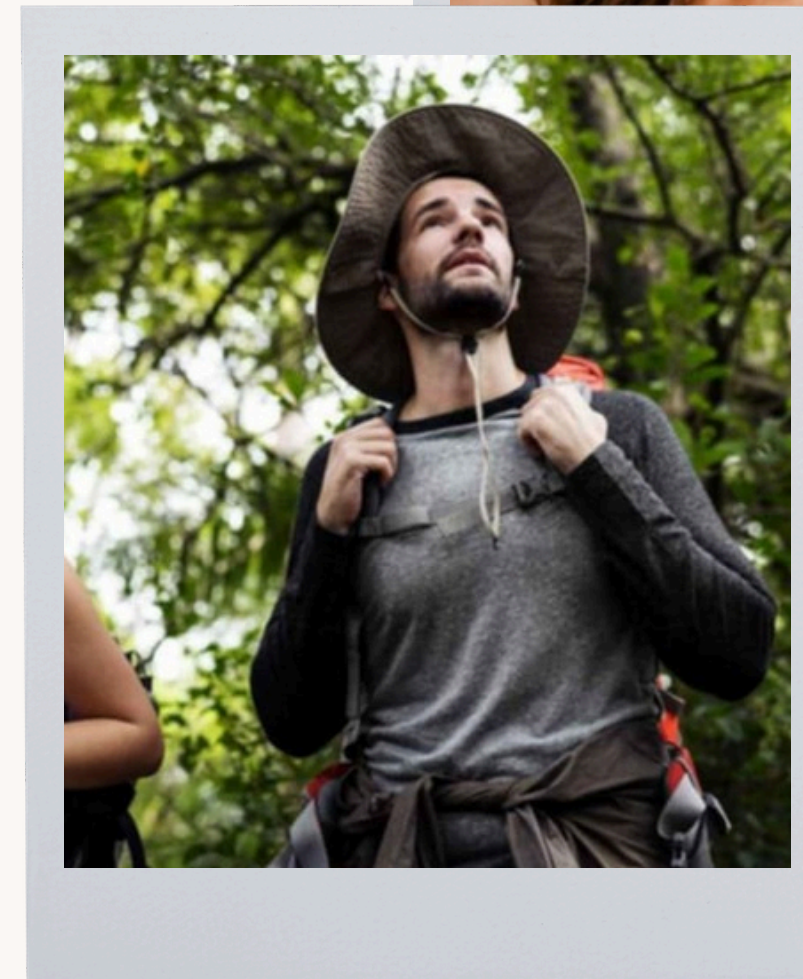
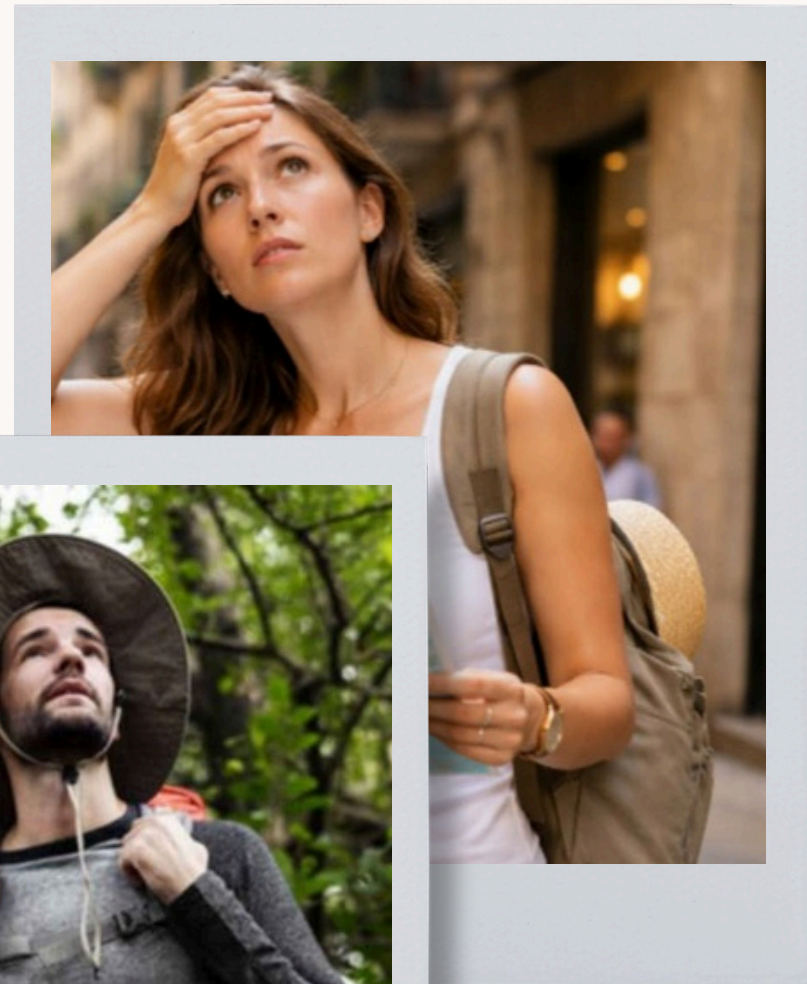
However, if the escape route is blocked, you must close the door, seal the seals (e.g. with a wet material), call for help (112) and signal your presence.



Situation No. 3 - getting lost in a strange place



When you're in an unfamiliar place and you realize you don't know where you are (it's very easy to panic), the most important thing is to stop and stay calm.



What to do in such a situation:

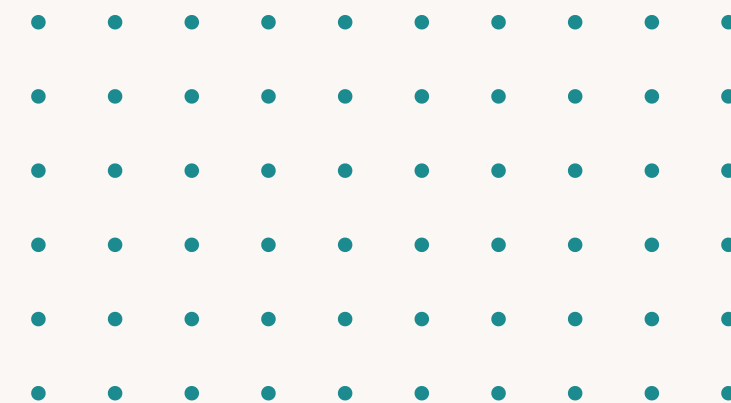


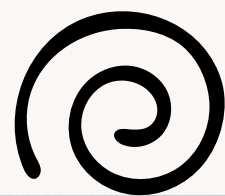
1 The first thing you should do is try to find your way on your own (this causes even greater danger).

2 Then you should try to assess the situation (look around, check street names, landmarks or use your phone and a map).



3 If you manage to find the right direction, you can safely move on, but if you still don't know where you are, it's best to ask for help - for example, from a passer-by, a shop employee, or contact a friend.

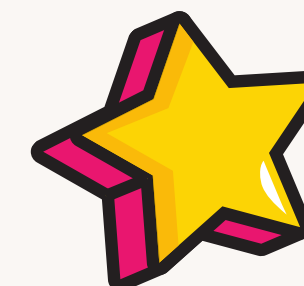




Situation No. 4 - Suspicious item



If you notice an unattended item in a public place (e.g., a backpack, bag), treat it as a potential threat.



What to do in such a situation:

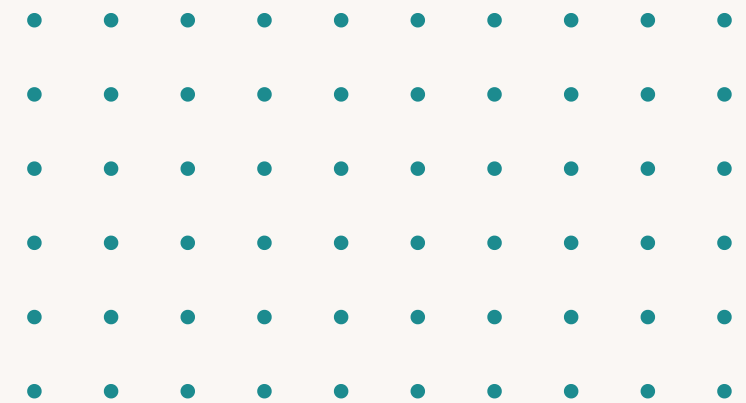


1 The most important rule is: don't touch or approach such an object. Curiosity in this situation can be very dangerous.

2 You should keep your distance and try to assess the situation from a safe distance, not take any risky actions. The next step is to move away from the danger area and notify the appropriate services.



3 If there are other people nearby, it is a good idea to warn them to also move away and not approach the suspicious object.





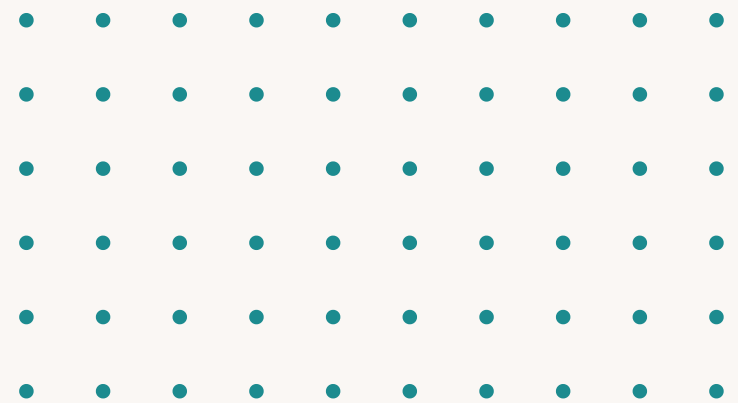
Joint application



In all these situations it is crucial to:

staying calm,

- **assessment of the situation,**
- **avoiding impulsive decisions,**
- **operation according to the simple scheme that was given in the previous slides.**



Why do people make mistakes under stress?

When threatened, the body activates the "fight or flight" response. This helps us survive, but it has side effects:

1. Panic narrows thinking

- the brain focuses only on the threat,
- we lose the ability to analyze logically.

2. Automatic action (instinct):

- we react quickly, but not always appropriately,
- e.g. blindly running away instead of assessing the situation,

3. Shock effect:

- momentary "paralysis",
- lack of reaction despite the threat,

4. Lack of knowledge and preparation:

- we don't know what to do, which results in random actions,

5. Influence of emotions:

- fear, stress, adrenaline that cause wrong decisions



Good luck in Greece!



**Funded by
the European Union**

The project is financed by the European Union. The opinions and views expressed are solely the personal views of the authors and do not necessarily reflect the position of the European Union or the entity granting support. The European Union and the grantor are not responsible for them.