



2018 Erasmus+ 2020



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## ONE PHONE CALL CAN SAVE SOMEONE'S LIFE!

*Using accurate information and a smartphone means taking responsible decisions and saving lives!*

### PURPOSE

- to learn how to use the smart phone to save someone's life;
- to learn how to perform First Aid from Red Cross organization;
- to realize the benefits of proper use of the Internet in general.

### PRACTICAL CONSIDERATIONS

The activity was divided into two sessions, as follows:

1. The first session had as its main objective the awareness of the positive effects of using the application PRIMAJUTOR and learn how to do CPR (cardiopulmonary resuscitation) from the representatives of the RED CROSS
2. The second session's main objective was to share the knowledge / information so that all the students and the teachers of our high school should know how to use the application PRIMAJUTOR and perform CPR.

**MATERIALS** - model body (from Red Cross), projector, laptop, smart phones and internet connection;

**TEACHING METHODS:** conversation, explanation, using an application online, exemplification by performing CPR on model bodies;

### PROCEDURE

First session

#### 1. Introduction

All the students from the "Vivez Votre Vie" project benefit from the workshop organized in collaboration with representatives of the RED CROSS organization, which took place in our high school on 21.01.2020. Among our guests Mr. Botezatu Costel and 2 volunteers from the Red Cross organization (one of them is Flavia Condurache, student in XI B)

Mr. Botezatu presented himself and the volunteers and asked the students what they knew about using their mobile phones in cases of emergency and tell from experience how and what they did on the occasions they used the 112 service for help; Students engaged in conversation



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sharing their experience. Afterwards, he also made a presentation using the projector to offer students some information about the Red Cross organization and emergency situations, as well as about performing CPR.

2. **Procedure** (how to use the app and when to call 112)

Mr. Botezatu asked students to download the application PRIMAJUTOR and explained how to use it.

3. **Pactice** (how to perform CPR)

The 2 volunteers from the Red Cross exemplified on body models how to perform CPR on babies, children and adults, then asked students to perform CPR themselves first on models but also on their colleagues.

Second session

**Follow up activity**

1. Flavia Condurache and Alexandra Barbacariu, students from XI B volunteered to do the same activity for all the teachers of our high school in the first Teachers' Meeting, so that all of them could be able to use the application PRIMAJUTOR and learn how to do CPR.
2. The same students extended the activity, visiting all classes from our highschool and showing all students (from IXth to XIIth graders) how to use the application PRIMAJUTOR and how to perform CPR. In 2 weeks' time all the teachers and students learnt how to use the phone to save someone's life in case of emergency.

**CONCLUSIONS:** all the aims of the project have been reached within a month from the activity and now all the students and teachers from our highschool use the application on their mobile and know how to perform CPR.

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