

## Pierwsza Pomoc -ćwiczenia [1]

# Pierwsza pomoc



W klasie I i II odbyły się ćwiczenia ze sposobów udzielania pierwszej pomocy. Zajęcia przeprowadzone były w poniedziałek pod uważnym okiem szkolnej pielęgniarki, pani Beatki. Nasi uczniowie poznali kilka sposobów reagowania w przypadku zranienia, krwotoku z nosa, oparzenia oraz zadawienia. Pilnie trenując zasady udzielania pierwszej pomocy powoli stają się "małymi ratownikami". A te sprawnoci przydadzą się każdemu, kto będzie świadkiem wypadku.... życzymy bezpiecznych zabaw!



• [2]

Messenger Creation 0441 AC 43 A 5 CE 4 F 59 9 BF 8 7 B 8 AF 0 EEC 206

## Pierwsza Pomoc -ćwiczenia

Published on Szkoła Podstawowa im. Orła Białego w Biskupicach Ołobocznych  
(<https://spbiskupice.noweskalmierzyce.pl>)

---



• [3]

Messenger Creation 65 B 624 DE 7 FEB 45 DF BE 6 F B 6 AC 4 BFA 376 E



• [4]

Messenger Creation 5235 E 5 EC BA 9 D 4 FAD 9 BF 4 8 FD 4 C 4 E 885 D 7



• [5]

Messenger Creation 72 E 0 EF 49 06 E 9 4272 81 AE 3 B 7 EF 3 F 24184



• [6]

Messenger Creation ECDC 718 B 5 CE 5 49 E 7 A 76 E C 6 D 69 F 930 E 6 B



• [7]

Messenger Creation 4 BC 6 C 83 F BD 88 44 E 7 A 21 E D 1 C 29 D 4 FC 8 F 0



• [8]

Messenger Creation 1 BA 69 F 7 B 0 A 72 4680 9291 9062 D 8715 DB 4



• [9]

Messenger Creation 616 E 5 D 3 A 4759 44 F 3 BBD 5 D 80 BE 5 D 20 CCA



• [10]

Messenger Creation 9544 AC 8 D EE 6 A 4 DCB B 361 C 7 F 290 FF 55 F 4



• [11]

Messenger Creation 00 B 1 A 210 E 803 41 D 2 913 B 9 E 6 A 4 F 0 DEC 61



• [12]

Messenger Creation 442 BBE 95 4 AFD 45 A 5 9245 99 B 6 D 82 FF 614



• [13]

Messenger Creation AACDF 691 7961 44 C 3 B 5 D 1 84697 C 05 BAB 4



• [14]

Messenger Creation 0 EF 9 CE 07 2170 45 B 8 A 6 ED 6 CB 9 ABC 4 B 82 F



• [15]

Messenger Creation E 2874 F 06 532 C 42 EF 9454 501 AE 5 F 70 A 1 A



• [16]

Messenger Creation 896 FE 658 AA 89 4 BF 3 8 D 86 48 FA 588 CFA 09



• [17]

Messenger Creation C 9 C 2 DB 43 0 EEE 48 AC A 6 E 2 03155 BDF 0548



• [18]

Messenger Creation 436 EC 36 E F 500 484 F AB 46 D 3 A 29386 EB 32



• [19]

Messenger Creation E 4189175 8 A 9 B 4 AF 9 8687 3 C 15337 ABC 62



• [20]

Messenger Creation 8 A 39 E 140 8742 4668 8406 8 C 373 AFC 258 C



• [21]

Messenger Creation 8 C 768258 06 D 9 4 D 97 B 2 D 1 C 5 C 57 F 4 F 7 F 25



• [22]

Messenger Creation A 861 CE 7 E 83 FA 4 E 41 A 30 D 744 ECDC 06 EB 7

**Source URL:** <https://spbiskupice.noweskalmierzyce.pl/en/node/2392>

### Links:

[1] <https://spbiskupice.noweskalmierzyce.pl/en/node/2392>

[2] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_0441AC43-A5CE-4F59-9BF8-7B8AF0EEC206.jpeg?itok=oSHZC5kr](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_0441AC43-A5CE-4F59-9BF8-7B8AF0EEC206.jpeg?itok=oSHZC5kr)

[3] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_65B624DE-7FEB-45DF-BE6F-B6AC4BFA376E.jpeg?itok=bP0SqZ5g](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_65B624DE-7FEB-45DF-BE6F-B6AC4BFA376E.jpeg?itok=bP0SqZ5g)

[4] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_5235E5EC-BA9D-4FAD-9BF4-8FD4C4E885D7.jpeg?itok=C37fywXb](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_5235E5EC-BA9D-4FAD-9BF4-8FD4C4E885D7.jpeg?itok=C37fywXb)

[5] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_72E0EF49-06E9-4272-81AE-3B7EF3F24184.jpeg?itok=bIMK5jiM](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_72E0EF49-06E9-4272-81AE-3B7EF3F24184.jpeg?itok=bIMK5jiM)

[6] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_72E0EF49-06E9-4272-81AE-3B7EF3F24184.jpeg?itok=bIMK5jiM](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_72E0EF49-06E9-4272-81AE-3B7EF3F24184.jpeg?itok=bIMK5jiM)

- [\\_gallery\\_large/public/Messenger\\_creation\\_ECDC718B-5CE5-49E7-A76E-C6D69F930E6B.jpeg?itok=dA0rpXhq](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_ECDC718B-5CE5-49E7-A76E-C6D69F930E6B.jpeg?itok=dA0rpXhq)
- [7] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_4BC6C83F-BD88-44E7-A21E-D1C29D4FC8F0.jpeg?itok=VHb6KB4E](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_4BC6C83F-BD88-44E7-A21E-D1C29D4FC8F0.jpeg?itok=VHb6KB4E)
- [8] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_1BA69F7B-0A72-4680-9291-9062D8715DB4.jpeg?itok=nUe0-Ruc](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_1BA69F7B-0A72-4680-9291-9062D8715DB4.jpeg?itok=nUe0-Ruc)
- [9] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_616E5D3A-4759-44F3-BBD5-D80BE5D20CCA.jpeg?itok=aNwA9QHe](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_616E5D3A-4759-44F3-BBD5-D80BE5D20CCA.jpeg?itok=aNwA9QHe)
- [10] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_9544AC8D-EE6A-4DCB-B361-C7F290FF55F4.jpeg?itok=H7oj\\_tYw](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_9544AC8D-EE6A-4DCB-B361-C7F290FF55F4.jpeg?itok=H7oj_tYw)
- [11] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_00B1A210-E803-41D2-913B-9E6A4F0DEC61.jpeg?itok=E6sN2xIE](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_00B1A210-E803-41D2-913B-9E6A4F0DEC61.jpeg?itok=E6sN2xIE)
- [12] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_442BBE95-4AFD-45A5-9245-99B6D82FF614.jpeg?itok=-WjqcUi7](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_442BBE95-4AFD-45A5-9245-99B6D82FF614.jpeg?itok=-WjqcUi7)
- [13] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_AACDF691-7961-44C3-B5D1-84697C05BAB4.jpeg?itok=g7mgniPW](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_AACDF691-7961-44C3-B5D1-84697C05BAB4.jpeg?itok=g7mgniPW)
- [14] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_0EF9CE07-2170-45B8-A6ED-6CB9ABC4B82F.jpeg?itok=MnWjeyzY](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_0EF9CE07-2170-45B8-A6ED-6CB9ABC4B82F.jpeg?itok=MnWjeyzY)
- [15] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_E2874F06-532C-42EF-9454-501AE5F70A1A.jpeg?itok=epD88O6o](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_E2874F06-532C-42EF-9454-501AE5F70A1A.jpeg?itok=epD88O6o)
- [16] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_896FE658-AA89-4BF3-8D86-48FA588CFA09.jpeg?itok=j3Lk5tdT](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_896FE658-AA89-4BF3-8D86-48FA588CFA09.jpeg?itok=j3Lk5tdT)
- [17] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_C9C2DB43-0EEE-48AC-A6E2-03155BDF0548.jpeg?itok=wNffhcaP](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_C9C2DB43-0EEE-48AC-A6E2-03155BDF0548.jpeg?itok=wNffhcaP)
- [18] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_436EC36E-F500-484F-AB46-D3A29386EB32.jpeg?itok=\\_zR3zr01](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_436EC36E-F500-484F-AB46-D3A29386EB32.jpeg?itok=_zR3zr01)
- [19] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_E4189175-8A9B-4AF9-8687-3C15337ABC62.jpeg?itok=-gEDARoA](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_E4189175-8A9B-4AF9-8687-3C15337ABC62.jpeg?itok=-gEDARoA)
- [20] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_8A39E140-8742-4668-8406-8C373AFC258C.jpeg?itok=4KmDEoax](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_8A39E140-8742-4668-8406-8C373AFC258C.jpeg?itok=4KmDEoax)
- [21] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_8C768258-06D9-4D97-B2D1-C5C57F4F7F25.jpeg?itok=C0EZqfTc](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_8C768258-06D9-4D97-B2D1-C5C57F4F7F25.jpeg?itok=C0EZqfTc)
- [22] [https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media\\_gallery\\_large/public/Messenger\\_creation\\_A861CE7E-83FA-4E41-A30D-744ECDC06EB7.jpeg?itok=ofwMuRAC](https://spbiskupice.noweskalmierzyce.pl/sites/spbiskupice.noweskalmierzyce.pl/files/styles/media_gallery_large/public/Messenger_creation_A861CE7E-83FA-4E41-A30D-744ECDC06EB7.jpeg?itok=ofwMuRAC)