



الإسعاف الأولي First Aid

المركز الوطني للإسعاف الأولي و الحد من المخاطر

The National Centre for First Aid and Risk Reduction

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General approach to the victim

- **Assessment**
 - Scene survey.
 - Personal protection.
 - Levels of consciousness.
 - Airway, breathing, circulation (A, B, C, E, D).
 - **Victim position**
 - **Call for help**/emergency medical services (EMS)/further help
 - Call first – for help
- **Call fast** – emergency service which happens after assessment



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Assessment

- All victims should go thoroughly assessed to assure that needs for first aid are correctly identified.
- It is important to follow the standards approach that is easy to remember and that follows the priorities of identification and treatment.
- Providers should first survey the scene to assess for mechanisms of injury and to determine whether it is safe for the victims to remain in their current location or if they need to be moved in order to effectively render care.
- First aid providers must be aware of their personal safety.



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Assessment

- Providers should adopt a standardized approach (at the victim's side) based on two principles:
 1. Caring for the most time-sensitive problem first and providing care as problems are identified.
 2. The common mnemonic ABCDE represents assessment:

Levels of consciousness.

- A= Airway.
- B=Breathing,.
- C=Circulation.
- D=Disability (mental status and peripheral nervous system).
- E=Expose the victim for further assessment and treatment.



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Victim position

- In certain circumstances, victims should remain in the position in which they are found, while in other situations, the victim's position may need to be changed.

- Call for help



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Levels of consciousness

- A – Alert – will talk but may be drowsy.
- V – Responds to Voice – responds to simple commands, e.g. “open your eyes”, or may respond to simple questions.
- P – Responds to Pain – will react (e.g. make a noise) to a pinch on the back of the hand.
- U – Unresponsive – there is no response at all.

Causes of unconsciousness:

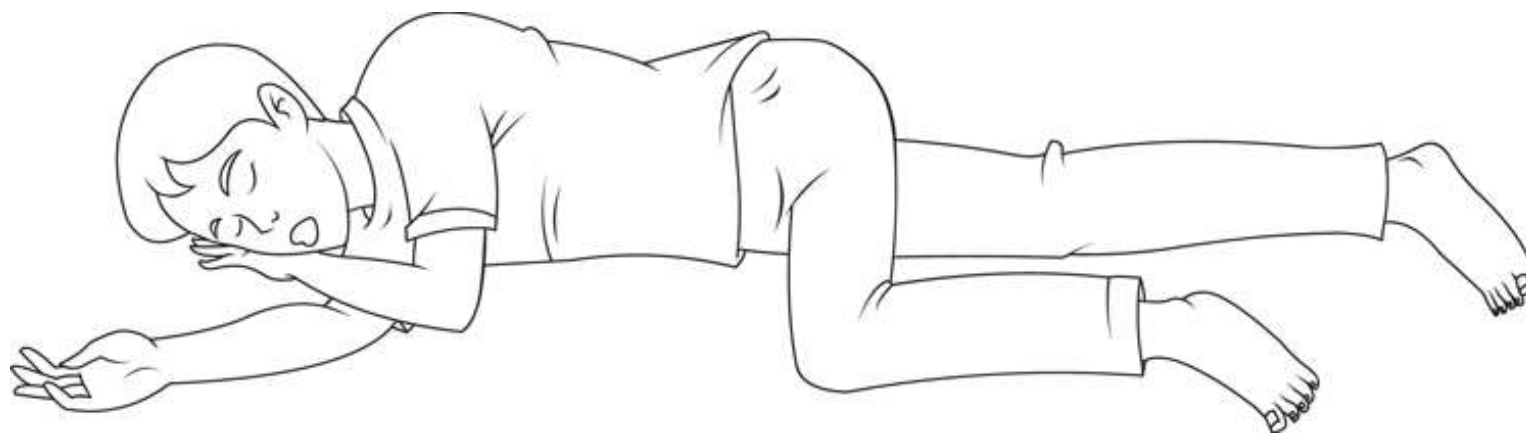
- Fainting
- Imbalance of heat
- Shock
- Heart attack/ angina pectoris.
- Stroke.
- Head injuries.
- Asphyxia/hypoxia/near drowning
- Asthma.
- Anaphylaxis
- Poisoning.
- Seizures
- Diabetic emergencies



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Recovery position

- If the victim is breathing normally, place in the recovery position.



- For pregnant victims, in whom the left lateral position may be preferred.

CALL THE EMERGENCY SERVICES



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