



First Aid

الإسعاف الأولي

المركز الوطني للإسعاف الأولي و الحد من المخاطر
The National Centre for First Aid and Risk Reduction

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What is first aid?

- First aid is the initial care provided to a sick or injured person until more advanced care is provided or the person recovers.
- It concerned not only with physical injury or illness but also with psychosocial support from experiencing a traumatic event .



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Principles of First Aid

- Safety.
- Notification.
- Examination.
- Providing first aid.
- Recovery position+ observation of the victim.



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Duties of First Aiders

As a First Aider, you must:

- Help to protect and save lives, and help others to do so.
- Do no harm.
- Respect and preserve the dignity of casualties.
- Participate in the control of disease.
- Contribute to the health education of the general public and to other preventive programs, thus preventing injuries and the spread of disease.
- Be sufficiently flexible and versatile to respond to numerous and diverse tasks (logistics, administration, etc.) beyond caring for casualties.



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Duties of First Aiders

You must offer this assistance to people:

- solely on the basis of their needs.
- Without discrimination founded on race, color, sex, language, religion or belief, political or other opinion, national or social origin or status, wealth, birth or other status, or on any other similar criteria.
- In accordance with the rules and procedures of your National Society and in line with relevant international law, in particular international humanitarian law.
- You may not refrain from providing services required by medical ethics.



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Ethics for First Aiders

- To act conscientiously, and to treat casualties with dignity.
- To treat the health of casualties as a principal concern.
- To protect the confidentiality of any information shared by injured persons.
- To abstain from any discrimination when assisting casualties.
- To have absolute respect for the victim's life, integrity and dignity, i.e. do no harm.



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S.S.S

- **Safety:**

- Yours and the victim's.
- Put on protection equipment.

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- **Scene & Situation:**

- What happened ?
- When ?
- Why ?
- How ?



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First Aider Safety

The two area of First Aider safety are:

1. The first aid provider and the victim safety.

– The First Aider must:

- ✓ learn to stay calm, maintain self-control, and help others to keep calm as well;
- ✓ Learn to observe – look and listen – before taking action.
- ✓ Understand what is happening, where the dangers lie, and what can safely and reasonably be done to bring assistance to the casualties.
- ✓ Must remove the casualty to a safer area before providing care.



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First Aider Safety

2. The prevention of disease transmission during providing care.

- Infection control

If possible, wear disposable gloves, improvise with polythene bags or consider whether the casualty can help, e.g. apply pressure to bleeding.

- Remember:
 - Wash your hands carefully afterwards.
 - Clean surfaces with bleach diluted 1:10 with water.
 - If possible, keep any minor wounds covered with a plaster.
 - Buy and use a resuscitation face shield.
 - Dispose of soiled items appropriately.



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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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Levels of consciousness

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



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Causes of unconsciousness:

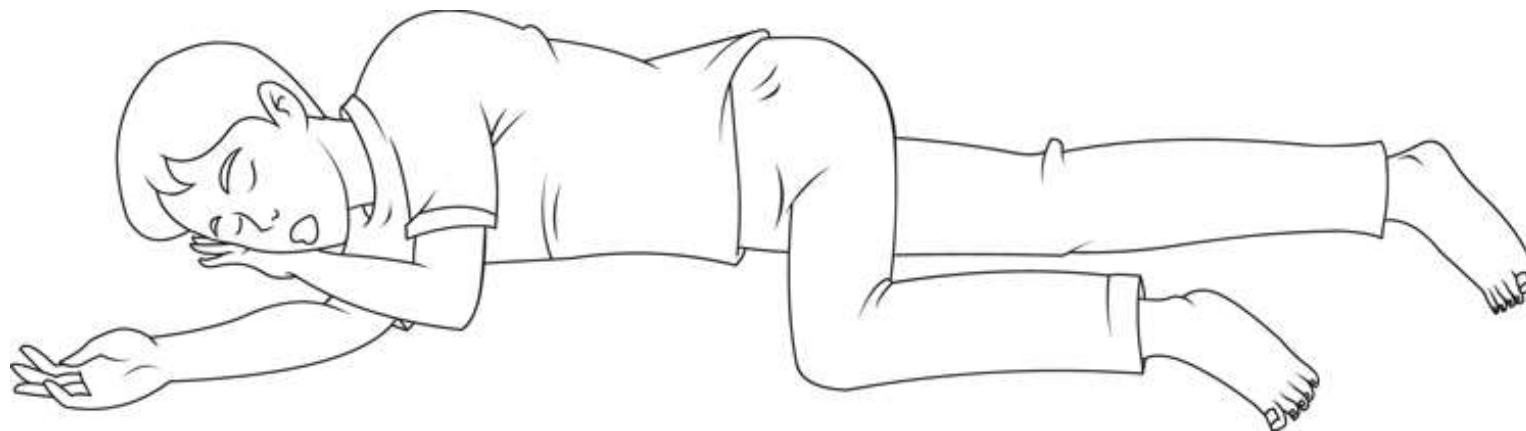
- Fainting
- Imbalance of heat
- Shock
- Heart attack/ angina pectoris.
- Stroke.
- Head injuries.
- Asphyxia/hypoxia/near drowning
- Asthma.
- Anaphylaxis
- Poisoning.
- Seizures
- Diabetic emergencies



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Emergency life support for adults and children

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



CALL THE EMERGENCY SERVICES



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