

## 2.1 The purpose of first aid

accredited	معتمد
Artery	شريان
Bandage	ضمادة سميكة
blood vessel	وعاء دموي
Contaminate	تلوث
dressing	ضمادة رقيقة
Emergency	حالة طوارئ
Fracture	كسر
illness	مرض
Injury	إصابة
internal	داخلي
Minor	تحت السن القانوني
Severity	خطورة
technique	تقنية
Tourniquet	(عاصبة) رباط يوضع حول الذراع او الساق للإصابة
windlass	مرفاع
Wound	جرح

First aid \*اسعافات اولية emergency or immediate care of an injured or sick person until they can receive full medical care and treatment.

### levels of first aid training (Basic Life Support (BLS), Advanced Cardiovascular Life Support (ACLS))

#### first aid trainings :

- ~ First aid at work
- ~ Pediatric First Aid
- ~ First On the Scene

make sure that training is accredited & recognized locally and internationally when choosing it.

#### advantages of learning first aid

1. Safer community\* after completing training you'll be a big help to your community, family, friends.
2. Life-long skills\* Those skills will be useful at home, at school and in your community.
3. Saving lives\* The skills you learn could make you become a hero and save somebody's life.
4. Increasing confidence\* it will make you feel proud and confident & helps you stay calm & take the correct steps to help an injured or sick person.

## 2.2 First aid kits

disposable	يمكن التخلص منه
Gauze	شاش
Sterile	معقمة
supplies	امدادات
Tweezers	ملقط
wound	ضمادة

**First aid kits** \* A box or bag that contains supplies and equipment used to give medical

### Basic first aid kits contents

1. Plasters in different sizes
2. Gauze dressings
3. Sterile eye pad
4. Sterile wound dressings
5. Triangular bandages
6. Rolled bandages
7. Safety pins
8. Disposable gloves
9. Tweezers
10. Scissors
11. Cleansing wipes
12. Sticky tape
13. Thermometer
14. Clean water



### Preparing your own first aid kit:

The number of people & types of injuries

Select the right container

Make a checklist

Store in an appropriate area

## 2.3 Attending the scene of an emergency

cardiopulmonary resuscitation (CPR)	إنعاش القلبى الرئوي
Casualty	مصاب
Cheek	خد
chin	ذقن
Forehead	جبهة
fume	بخار
gasp	يلهث
Hazard	خطر
immediately	حالاً - فوراً
Medical information jewellery	اسوارة عليها رمز او جملة تدل على مرض مزمن
potential	إمكانية
Scene	مكان الحدث

check for any danger to you or the casualty before you enter a scene.

Get an idea of how many people are injured & try to discover what happened

If there're others around, ask them to call an ambulance.

Injuries such as massive blood loss دم هائلة خسارة need to be treated immediately

### Possible dangers at a scene

1. Traffic (حركة سير)
2. Unstable electric lines (خطوط كهربائية)
3. Fire
4. Smoke (تدخين)
5. Violent behaviour (سلوك عنيف)
6. Extreme weather طقس قاسي
7. Dangerous fumes (ابخرة خطي)
8. Biochemical products مواد بيوكيميائية
9. Falling rocks حجارة متساقطة

Only move the injured person if they are in danger where they're or must be moved to be treated.

## Assess the casualty

Are they responsive? \*



Are they breathing? \* When a person is unresponsive, their muscles relax. This could lead to their tongue blocking their airway.

**Open the airway** \* place one hand on the forehead and the fingers of your other hand on the solid part of the chin.

!! don't press on the soft part of the chin because this can block the airway.

## Check for breathing

1. Look if their chest is rising and falling.
2. Listen over their mouth & nose for breathing sounds.
3. Feel their breath against your cheek. Do this for between 5 - 10 seconds.

!! If they're not breathing at all, or only gasping, they need cardiopulmonary resuscitation (CPR).

If the person is **breathing normally**, **unresponsive** and has **no major injuries** (such as a lot of blood loss), they should be **put into the recovery position**. This will help to maintain an open airway and keep them safe until emergency medical help arrives.



to place someone into the recovery position.

1. Kneel down beside the casualty.
2. Remove any phones or bulky items from their pockets.
3. Take arm closest to you and put it at a right angle to their body (with their palm facing up).
4. Move the other arm across their chest and put the back of their hand on their cheek.
5. Lift the far knee up until the foot is flat on the floor.
6. While keeping the casualty's hand pressed against their cheek, hold the raised knee, and roll them towards you.
7. Once fully over, re-adjust the head position if needed and place the top leg at a 90° angle.

### Calling for emergency medical help

If the casualty is safely in recovery position, you should call the emergency services & try to give them as much information as you can.

Check for any medical information jewellery. This can tell you if someone has an existing medical condition.

**!!** If the casualty starts to have trouble or stops breathing, be ready to give CPR. \* Update the emergency services about the casualty's condition change\*.

You should phone for an ambulance (998) and ask for help whenever:

- ~ someone is seriously ill or injured.
- ~ you are not sure what to do in an emergency.
- ~ you are not qualified to give first aid.

(إذا حالة مرض أو إصابة جديّة كثير - إذا ما بتعرف تسوي الاسعافات - إذا ما عندك وثيقة مسعف أولى)

## 2.4 Hygiene and infection control

contaminate	تلوث
Gown	بالطو - زي الطبي الأبيض تبع الدكاترة او المختبر
Hygiene	نظافة
overall	عباءة واقية شاملة
Procedures	إجراءات

There's 1500 germs in every cm<sup>2</sup> of your hands and more in your fingers and under your nails

**Hand hygiene** is very important as it will help to stop the spread of germs which cause diseases and infections.

**What you will need to wash hands** (Running water, Soap, Single-use hand towel)

**five moments when you should remember to wash your hands for patient safety**

1. Before touching a patient.
2. Before carrying out any procedures.
3. After carrying out a procedure, or being near to or touching body fluids, such as blood.
4. After touching a patient

**personal protective equipment (PPE)** (gloves, masks, gowns, overalls, eye protection)

**Don't wear the same gloves when treating different people.**

**to safely remove gloves**

1. Pull the outside of the glove around the wrist area very gently.
2. Peel the glove away from your body, turning it inside-out.
3. Hold the inside-out glove in the other hand.
4. Peel the other glove away from your body, turn it inside out and leave the first glove inside the second.
5. Dispose of the gloves safely and wash your hands.



## 2.5 Bleeding

blood vessels	أوعية دموية
Circulatory system	الدورة الدموية
Lumen	تجويف
pressure	ضغط
Stitches	خيطة
tubes	أنابيب
valves	صمامات

**Blood vessels** \* They are networks of tubes inside the body that carry blood.

\*form most of the circulatory system in the body.

types of blood vessels

	Arteries (largest blood vessels)	veins	capillaries (small blood vessels)
function	take blood away from the heart to organs and tissues	return the blood to the heart	exchange materials between blood and tissue
pressure	High	Low	Low
Layers	*Thick outer wall *Thick layer of muscles and elastic fibers *Small lumen	*Fairly thin outer wall *Thin layer of muscle and elastic *Large lumen	* Wall made of a single layer of cell * Very small lumen
why?	it can cope with the high pressure and large amount of blood being pumped from the heart. مواجهة ضغط المرتفع وكميات الدم الكبيرة التي يتم ضخها من القلب	To stop blood from flowing the wrong way, veins have valves.	form a network to take blood through the organs and tissues تشكيل شبكة لنقل الدم بين الأعضاء والأنسجة

Which blood vessel is cut?	How serious is it?
<b>Artery</b> (الشريان)	<b>bleed very fast</b> * <b>bright red</b> * lose consciousness very quickly * will not stop by itself * <b>If untreated</b> , the person could be <b>dead</b> within minutes.
<b>Vein</b> (الوريد)	<b>dark red</b> * it could result in death if not treated. * person may need to get stitches to close the wound
Capillary (الشعيرات الدموية)	usually, clot and stop bleeding by itself.

## 2.6 Soft tissue injuries

amputation	بتر
Elbows	مرفقين
infected	عدوى
ligament	أربطة
Nerves	أعصاب
sealed	مُحَكَّم
Tendon	أوتار
Tissue	أنسجة

**tissue** \* group of cells which have the same structure and function

**Soft tissue injuries** \* injuries to any skin, muscle, tendon, or ligament in the body

broken skin causes blood loss and open wounds that can become infected.

**Open soft tissue injuries** : minor injuries to more dangerous and life-threatening injuries such as amputations.

### Types of open soft tissue injuries

**Abrasion** (الكشط أو التآكل) is common on knees, elbows, كوع and hands. it's happen from falling.

**Avulsion** (قلع الجلد) skin is torn (يتشقق) from the body during an accident or other injury.

**Laceration** (تمزق عميق) It may go through the skin to muscle tissue. Major blood vessels and nerves may be damaged \* caused by injury with a sharp object. They may also be an impact injury from a sharp object, or force, bullet from a gunshot.

**Puncture** (ثقب) caused by a sharp object (nail (مسمار) or a knife going through the skin).

If someone has a **puncture injury**, and the **object** is still **in the wound**, you should **keep it there until a medical professional arrives**. This is because the object could have cut an artery. **If you remove the object**, the **casualty will bleed** a lot and **could die in minutes**.



### steps for a puncture injury

Call an ambulance and get a first aid kit and AED if available.

- ~ Wear PPE
- ~ Don't remove the object.
- ~ Try to stop any bleeding by applying bandages on both sides of the object.
- ~ Keep a note of when the puncture injury happened.

(اللبس معدات الحماية الشخصية - لا تلمس الشيء - حاول إيقاف النزيف بضمادات - سجل وقت حدوث الإصابة)

amputation (بتر أو قطع) \* caused by accident or intentionally through surgery

### steps to give first aid for a finger amputation.

Call an ambulance, and get a first aid kit and AED if available.

- ~ Wear PPE
- ~ Stop the bleeding from the injured area by applying pressure. Keep firm pressure on the wound for as long as needed to slow and stop the bleeding.
- ~ Find the amputated part & Rinse it with clean water.
- ~ Wrap it in a clean dressing.
- ~ Put it in a plastic bag that is tightly sealed and will not allow any water to get in.
- ~ Put that bag in another bag, or bowl of ice and cold water.
- ~ Label the bag with the time of amputation and the person's name.
- ~ Make sure it goes to the hospital with the injured person.

(اللبس معدات الحماية الشخصية - أوقف نزيف المنطقة المصابة بالضغط الحازم حتى يبطئ ويتوقف - اوجد الجزء المقطوع ولفه بلفافة نظيفة وحطه بكميس مسكر كويس مايدخله ماء - ضعه بحقيبة اخرى او وعاء من ثلج او ماء بارد بس مو مباشرة بالثلج - سجل الحقيبة بوقت البتر واسم الشخص - تأكد أنها ستصل للمستشفى مع المريض)

**Don't put the amputated body part directly in ice. This may cause more damage.**

## 2.7 Wounds dressings

fold	ربط
Infection	إصابة - عدوى
Knot	عقدة
tie	طي

difference between a dressing and a bandage

Dressing	Bandage
material used directly on the wound to stop bleeding. Any clean cloth or a piece of gauze can be used as a dressing	material used to protect or cover an injury. It can also be used to apply pressure to a wound by tying it tightly.

How to control bleeding

If the patient's cut is small and not bleeding heavily, wash it under water and apply a dressing such as a plaster.

Large cuts

Knowing how to correctly use a bandage is very important to help stop bleeding. The bandage will hold the gauze in place. This will free up your hands to do other tasks, such as:

- ~ calling 998 if needed.
- ~ treating other injuries on a casualty.
- ~ treating other patients who need help.

A bandage can also prevent infection or further harm.

### Applying a bandage

- 1\* Assess the scene for dangers.
- 2\* Ask for permission to give first aid.
- 3\* Get the first aid kit and use PPE.
- 4\* Apply direct pressure to the cut with a gauze dressing.
- 5\* Start bandaging from below the gauze and work up the limb.
- 6\* Wrap in a circular motion until the wound and gauze are fully covered with no gaps.
- 7\* Tie it in a knot to secure it.
- 8\* make sure it's not too tight to not cut off the circulation to the rest of the limb.

!! You can check for lack of circulation by looking at the ends the fingers.



**tourniquet** device wraps around an arm or leg very tightly & stops large amounts of blood loss.

If the bleeding requires a tourniquet, calls an ambulance as soon as possible. Also, get a first aid kit and an AED. If you have a first aid kit, pre-made tourniquet is made of a strap and an item that looks like a stick. This is called a windlass.

#### How to use a pre-made tourniquet

Wrap the strap around 5cm

Tighten it using the windlass.

Make a note of the time when you applied the tourniquet and leave it until help arrives.

#### home-made tourniquet

Fold bandage at least 2.5cm wide

Wrap the bandage around 5cm above the wound.

In the Centre of the bandage, place stick, pen, screwdriver, scissors, etc.

Tie the ends of the bandage around the stick. Then turn it to tighten the bandage/cloth.

Create another knot at the top of the tourniquet to hold the stick in place.

Make a note of the time when you applied the tourniquet and leave it in place until help arrives.