

SEMINAR ABOUT THE FIRST AID

By

Dr. Saeed Qeshta



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Choking

Choking happens when a foreign object gets stuck in the throat or windpipe, blocking airflow. In adults, food is the most common cause. In children, it's usually due to swallowing small objects. **Symptoms of choking:**

1. Grabbing the throat with the hands.
2. Inability to speak.
3. Difficulty breathing or noisy breathing.
4. Wheezing sound while trying to breathe.
5. Weak or strong coughing.
6. Blue discoloration of the skin and lips.
7. Loss of consciousness.



Primary Assessment

1. Check consciousness by shaking the shoulders and asking:
“Are you okay? Can you hear me?”

- If the person responds, they are conscious, breathing, and their heart is beating.
- If there is no response (unconscious), call the Egyptian ambulance service at 123.

Continue Initial Assessment – Breathing Check

Check breathing using:

- Sight: watch for chest rising and falling
- Sound: listen for airflow from the nose or mouth
- Feel: sense the breath on your cheek

This step must be done in under 5 seconds.

Continue Initial Assessment – Airway Check

- Tilt the head back and lift the chin to open the airway
- If a neck injury is suspected, open the airway by pushing the jaw only
- If the person still isn't breathing, begin rescue breathing immediately

[Cardiopulmonary Resuscitation (CPR)

What is CPR?

CPR is an emergency procedure used when the heart stops beating. It helps maintain blood flow and oxygen to the brain and vital organs until medical help arrives.

Steps of CPR for Adults

1. Ensure safety
 - Make sure the area is safe for you and the victim.
2. Check responsiveness
 - Tap the shoulders and shout: “Are you okay?”
3. Call for help
 - If no response, ask someone to call the ambulance (123 in Egypt).
4. Check breathing
 - Look, listen, and feel for normal breathing (no more than 5 seconds).
 - If not breathing or only gasping, begin CPR.

Chest Compressions

- Place the heel of one hand in the center of the chest (lower half of the sternum)
- Place the other hand on top and interlock your fingers
- Keep your elbows straight and shoulders directly over your hands
- Press down hard and fast:
- Depth: at least 5 cm
- Rate: 100–120 compressions per minute
- Allow full chest recoil between compressions

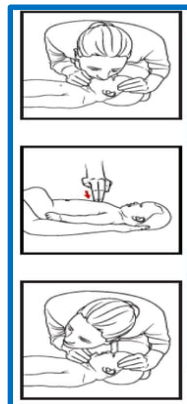
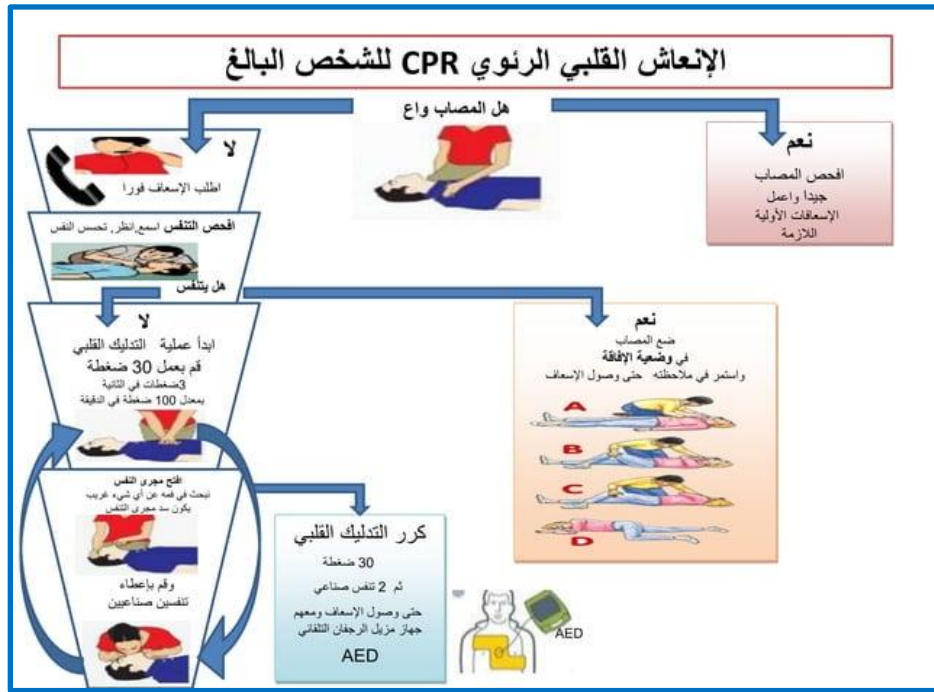
Rescue Breaths

- After 30 compressions, give 2 rescue breaths
- Open the airway using head tilt–chin lift

- Pinch the nose, take a normal breath, seal your mouth over the victims, and blow for about 1 second
- Watch for chest rise
- Give a second breath in the same way

Continue CPR

- Repeat the cycle: 30 compressions, then 2 breaths
- Do not stop unless:
- The person starts breathing normally
- Medical help arrives
- You are physically unable to continue



الإعاش القلبي الرئوي CPR للطفل والرضيع

Epilepsy

Common Seizure Triggers

Triggers vary between individuals. Common ones include:

1. Stress or exhaustion
2. Lack of sleep
3. Anxiety
4. Mental or emotional pressure
5. High body temperature (fever)
6. Excess caffeine
7. Bright or flashing lights
8. Alcohol
9. Skipping epilepsy medication

What to Do After a Seizure

1. Place the person gently in the recovery position
 - Turn them on their side
 - Wipe away excess saliva to keep the airway clear
 - This helps them breathe more easily
2. Stay with the person until they regain full awareness
 - Reassure them calmly
3. Check the mouth carefully after the seizure
 - Make sure there's nothing blocking the airway
 - Look for dislodged teeth or food
4. Call an ambulance immediately if:
 - Breathing remains difficult after the seizure
 - It's the person's first seizure
 - The seizure lasts more than 5 minutes
 - Another seizure follows right away



كيف نسعف المصاب بنوبة الصرع؟



الإسعافات الأولية

- التزام الهدوء وعدم التجمهر حول المصاب
- إزالة ما قد يتسبب بالضرر له (مثل: النظارات).
- ملازمة المصاب حتى انتهاء النوبة
- دعم رأس الشخص لمنعه من ضرب الأرض
- طلب الإسعاف في حال استمرار النوبة أكثر من 5 دقائق
- تجنب تثبيت المصاب عند الإصابة بالنوبة
- إزالة أي أجسام غريبة في المكان القريب من المصاب
- تجنب إعطاء المصاب الطعام أو الشراب حتى يقوّمتما
- تجنب وضع أي جسم في فم المصاب



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كيف تسعف المصاب بنوبة الصرع

- تجنب تحريك المصاب إلا للضرورة
- ضع قطعة ناعمة تحت رأس المصاب
- أبعد الأشياء الحادة القريبة من المصاب
- حرك المصاب بلطف على أحد جانبيه
- تجنب وضع أي شيء في فم المصاب

متى تتصل على الإسعاف 937

- في حال استمرت النوبة أكثر من 5 دقائق
- في حال تكررت نوبة الصرع مرة أخرى
- تعرض جسم المصاب للأذى أثناء نوبة الصرع
- في حال عدم عودة التنفس إلى الوضع الطبيعي

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Burns

Causes of Burns

1. Heat
 - Dry heat: open flame
 - Moist heat: hot water or steam
2. Radiation
3. Electricity
4. Chemical substances

Types of Burns

- First-degree burns
- Affect the outer layer of skin
- Cause redness, pain, and swelling
- Second-degree burns
- Affect both outer and inner layers of skin
- Cause blisters and fluid under the skin
- Third-degree burns
- Penetrate all skin layers
- May reach muscles and bones
- Often painless due to nerve damage

Burn Surface Area – Rule of Nines

- Head, face, and neck: 9%
- One upper limb: 9%
- One lower limb: 18% (9% front, 9% back)
- Back and buttocks: 18%
- Chest and abdomen: 18%
- Genitals: 1%

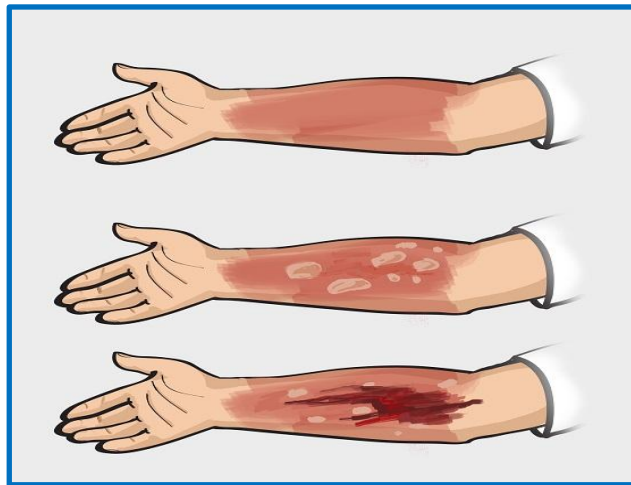
First Aid for Burns – General Guidelines

- Remove the person from the source of the burn
- Cool the burn using cold water or a wet cloth for 10 minutes
- Remove rings, watches, belts, and ties if possible
- Cover the burn with clean, non-stick gauze
- Seek medical help immediately for second- or third-degree burns

الحروق

 <p>الأعراض: احمرار وربما تورم وانتفاخ مع ألم شديد في المنطقة المصابة وحولها</p>	<p>حروق الدرجة الأولى وهي التي تصيب الطبقة السطحية الخارجية للجلد الإسعاف: اخلع الخواتم والساعات والثياب بلطف ولا تستعمل الثلج ضع الجزء المصاب تحت أو في ماء بارد من 10 إلى 45 دقيقة أو استخدم كمادة باردة استخدم مرهم للحروق</p>
 <p>الأعراض: تورم وبقعات وإفراز سوائل مع ألم شديد</p>	<p>حروق الدرجة الثانية تمتد عبر الطبقة الخارجية إلى الطبقة الداخلية (الأدمة) الإسعاف: أغمر الحرق بالماء البارد أو ضع كمادة باردة لا تنزع الثياب إذا كانت ملتصقة ولا تفتح الفقاعات أعط المصاب سوائل وراجع المستشفى</p>
 <p>الأعراض: يبدو الحرق أبيض أو أسود أو متقحم قد يكون مصحوبا بحروق من الدرجة الأولى والثانية وقد لا يشعر بالألم نتيجة تلف الأعصاب الطرفية</p>	<p>حروق الدرجة الثالثة حروق عميقة تمتد إلى كل طبقات الجلد وقد تصل إلى العضلات والعظام الإسعاف: أبعد المصاب عن مكان الخطر ولاحظ التنفس أو الإصابة بالصدمة غط الحرق بضمادة جافة ولا تضع شيئا على الجرح اتصل بالإسعاف أو أنقل المصاب إلى المستشفى</p>

بالنسبة للحروق الكيميائية: انزع الملابس الملوثة* اغسل الحرق بالماء الجاري لمدة 15 دقيقة* وراجع المستشفى



Blood Sugar Measurement

How to Measure Blood Sugar

1. Wash your hands with soap and warm water. Dry them well.
2. Prepare the glucose meter, a test strip, and a lancing device.
3. Insert the test strip into the glucose meter.
4. Use the lancing device to prick the side of your fingertip.
5. Place a drop of blood on the test strip.
6. Wait a few seconds for the device to display your blood glucose level.
7. Record the result along with the time and date.

Normal Blood Sugar Ranges

- Fasting (before meals): 70–99 mg/dL
- After meals (1–2 hours): Less than 140 mg/dL
- Random: Varies, but generally below 140 mg/dL for healthy individuals

When to Measure Blood Sugar

- Before meals
- 1–2 hours after eating
- Before bed
- When you feel symptoms of high or low blood sugar
- As instructed by your doctor



Diabetic Coma (Diabetic Unconsciousness)

High Blood Sugar Coma (Hyperglycemic Coma)

Symptoms:

- Increased thirst
- Frequent urination, which leads to dehydration and dry mouth
- Abdominal pain
- Altered level of consciousness, which may progress to shock
- Breath smells like vinegar or fruity scent

Low Blood Sugar Coma (Hypoglycemic Coma)

Symptoms:

- Loss of consciousness for a few minutes, especially in insulin-dependent diabetics
- Early symptoms include hunger, restlessness, sweating, nausea, and sometimes vomiting
- It can include dizziness, headaches, confusion, shakiness, irritability, and in severe cases, fainting.

First Aid for Diabetic Coma:

If it's hard to distinguish whether the sugar level is high or low, treat it as low blood sugar. If the patient is conscious, give them fruit juice, sugar cubes, or anything sweet to help save their life, because low blood sugar coma is more dangerous than high blood sugar coma. If the patient is unconscious, do not give anything by mouth. Call emergency services immediately.

Bleeding

Types of Bleeding

1. External Bleeding
 - Blood exits through a visible wound
2. Internal Bleeding
 - Bleeding inside the body, not visible directly
3. Bruising
 - Blood seeps under the skin from small blood vessels
4. Nosebleeds (Epistaxis)
 - Bleeding from the nasal blood vessels

External Bleeding

- Arterial bleeding:
 - Bright red blood
 - spurts with heartbeat
 - Most dangerous
- Venous bleeding:
 - Dark red blood
 - Flows steadily
- Capillary bleeding:
 - Slow, oozing
 - Usually minor and easy to stop

Risks:

- Can look scary
- High risk of contamination or infection

First Aid for External Bleeding

- Apply firm pressure with a clean cloth or gauze
- If bleeding continues:
 - Add more gauze on top, don't remove the first layer
 - Use pressure points in the arm or leg
 - Apply a pressure bandage if necessary

Bruises (Contusions)

- Bleeding from small blood vessels under the skin
- Skin changes color, often with swelling
- No open wounds
- Can signal deeper injury if on the head

First Aid for Bruises

- Elevate the injured area above heart level
- Apply a cold compress
- Seek medical help if serious injury is suspected, especially head injuries

Internal Bleeding

Causes

- Deep cuts or stab wounds
- Bone fractures
- Stomach ulcers
- Ectopic pregnancy complications

Signs

- Pale, cold, sweaty skin
- Rapid, weak pulse
- Localized pain
- Thirst
- Confusion or reduced consciousness
- Blood from body openings
- Bruising at injury site

First Aid

- If conscious:
- Reassure and keep them calm
- Help them lie down
- Cover them to preserve body heat
- Raise their legs on a chair or object

- Do not give food or drink
- Call for medical help quickly
- If unconscious:
- Place them in the recovery position
- Call emergency services immediately
- Monitor bleeding and note the amount and source
- Inform medical staff and provide a sample if possible

Nosebleeds (Epistaxis)

Causes

- Foreign object in nose
- Chronic nasal inflammation
- Nose trauma
- Nasal tumors
- General conditions (e.g., blood diseases, high blood pressure)

الرعاف (النزيف الأنفي)

اجلس على كرسي

Child sits in adults lap

أهمل الرأس للأمام

Squeeze firmly above nostrils

بالنسبة للطفل اجلسه على رجليك واضغط على الأنف بنفس الطريقة

اضغط جيدا بإصبعي السبابة والإبهام على فتحتي الأنف من الخارج وتنفس من الفم لمدة 10 دقائق

الرعاف: هو نزيف يحدث في الجزء الأمامي للحاجز الأنفي. على بعد 2 سم من مدخل الأنف نتيجة جفاف الأنف أو ضربة بالوجه

لإسعافه:

- * اطلب من المصاب أن يجلس ويميل برأسه إلى الأمام حتى تلمس الصدر ويحاول الأيبلع الدم لأن يلع الدم سيصيبه بالعثيان
- * ضم فتحتي الأنف بالضغط بين الإبهام والسبابة فوق موضع النزيف لمدة 10 دقائق مع فتح الفم للتنفس أثناء الضغط ويمكن وضع كمادات ثلج فوق قطرة الأنف واطلب من الشخص المصاب عدم النفخ من الأنف
- * اجعل المصاب يتنفس من فمه مع عدم الكلام أو الإقلال منه
- * اجعل المصاب يتخلص من الدم الذي يتراكم في الحلق
- * بعد توقف الدم فيه المصاب بعدم التنخم أو نفخ الهواء من الأنف لمدة 4 ساعات
- * إذا لم يتوقف النزيف خلال نصف ساعة ينقل المصاب للمستشفى

دكتور / محمد عبد القوي
dr_markia@yahoo.com

Eye Injuries

Common Causes

- Blows to the eye
- Foreign objects (dust, sand, metal)
- Chemical splashes
- Burns
- Sharp object injuries

Signs of Eye Injury

- Eye pain
- Redness or irritation
- Tearing
- Difficulty seeing or blurred vision
- Swelling around the eye
- Bleeding from the eye or eyelid

First Aid for Eye Injuries

- If a foreign object enters the eye:
 - Do not rub the eye
 - Blink several times to try flushing it out
 - Use clean water or saline to rinse the eye
 - If the object remains, cover the eye lightly and seek medical help
- If a chemical enters the eye:
 - Immediately flush the eye with clean running water for at least 15 minutes
 - Hold the eyelids open during rinsing
 - Do not apply any drops unless directed by a doctor
 - Get emergency medical attention
- If the eye is punctured or cut:
 - Do not apply pressure
 - Cover the eye loosely with a clean cloth
 - Avoid moving the eye
 - Call emergency services right away

Warning

- Never try to remove a deeply embedded object
- Do not use ointments or medications without medical supervision

Shock

Definition

Shock is a critical condition caused by insufficient oxygen reaching vital organs, especially the brain.

It usually results from sudden circulatory failure due to:

- Weak heart function
- Severe blood or fluid loss

Important: Shock is not the same as emotional breakdown (often called “shock” casually)

Causes of Shock

1. Severe heart failure
2. Major external or internal bleeding
3. Massive fluid loss (e.g., from extensive burns)
4. Widespread dilation of blood vessels

Types of Shock

- Hypovolemic Shock
- Caused by blood or fluid loss due to:
 - Heavy bleeding
 - Severe burns
 - Intense vomiting or diarrhea
- Cardiogenic Shock
- Caused by heart failure due to:
 - Heart muscle disease
 - Coronary artery disease
 - Electric shock

- Injury around the heart (e.g., bleeding into pericardium)
- Neurogenic Shock
- Caused by blood vessel dilation from:
 - Severe pain (fractures, burns)
 - Sudden intense emotions (shock, grief)
- Anaphylactic Shock
- Triggered by allergy to:
 - Medications (e.g., penicillin)
 - Chemicals
 - Specific foods
 - Insect stings
- Septic (Toxic) Shock
- Caused by bacteria or their toxins entering the bloodstream
- Common in:
 - Severe infections
 - Tissue death (e.g., gangrene)
 - Bacterial poisoning

First Aid for Shock

- Do not give food or drink
- Stop any visible bleeding
- Place the person lying down with legs raised (about 30 cm)
- Keep the person warm and comfortable
- Call for emergency medical help
- Stay with the person and monitor their breathing and pulse

Poisoning

Food Poisoning – Symptoms (within 2–48 hours)

- Diarrhea
- Nausea
- Vomiting
- Severe abdominal cramps
- Sometimes, high fever

Chemical Poisoning – Symptoms (within minutes)

- Pupil constriction
- Rapid heartbeat and breathing

- Headache and blurred vision
- Sweating
- Possible convulsions
- All symptoms of food poisoning may also appear

Signs of Chemical Ingestion

- Burns around the mouth or on the tongue
- Smell of fuel or chemicals from the mouth
- Open or spilled container of a toxic substance nearby

First Aid for Poisoning

- Don't wait for symptoms to appear — call emergency services or a poison control center immediately
- Preserve any remaining food, drink, or medicine for analysis
- Follow basic first aid steps
- Induce vomiting (if advised by a professional) only in cases of swallowed poison and within 3–4 hours

Do Not Induce Vomiting If the Person

- Is unconscious
- Has heart disease or a history of heart problems
- Has epilepsy
- Swallowed chemicals or petroleum products
- Ingested corrosive substances or acids

Snake Bites and Scorpion Stings

Symptoms and Signs

- Pain, swelling, and bluish discoloration at the bite or sting site
- Blurred or disturbed vision
- Dizziness, nausea, and vomiting
- Increased sweating and saliva production
- Extreme thirst
- Muscle weakness and inability to move
- In severe cases: respiratory failure



First Aid for Snake or Scorpion Bites

1. Keep the person calm and still
2. Immobilize the affected limb and keep it below heart level
3. Do not suck out the venom
4. Do not apply a tourniquet or cut the wound
5. Remove tight clothing, jewelry, or accessories near the bite
6. Take note of the snake or scorpion appearance if safe to do so
7. Transport the person to the nearest hospital immediately

Important

Quick medical care is essential. Antivenom may be needed. Avoid movement and stress to slow the spread of venom.

Types of Wounds

1. Abrasions (Scrapes)

- Caused by friction against a rough surface
- Outer skin layer is damaged
- Usually mild, but must be cleaned to avoid infection

2. Incised Wounds (Cuts)

- Caused by sharp objects (e.g., knife, glass)
- Edges are smooth and bleeding is usually moderate to heavy

3. Lacerations

- Irregular tears in the skin caused by blunt trauma
- Can damage deeper tissues like muscles and nerves
- Higher risk of infection

4. Puncture Wounds

- Caused by pointed objects (e.g., nails, needles)
- May look small on the outside but can be deep and dangerous
- Risk of internal damage and infection

5. Avulsions

- Tissue is forcibly torn away
- May involve heavy bleeding and visible tissue damage
- Requires immediate medical attention

6. Amputations

- Complete removal of a limb or part of it
- Life-threatening due to massive blood loss
- Urgent hospital care is essential



First Aid for Wounds

- Stop bleeding using direct pressure
- Clean the wound with clean water
- Cover with sterile dressing
- Do not remove embedded objects — stabilize them and seek medical help
- Watch for signs of infection (redness, swelling, pus, fever)



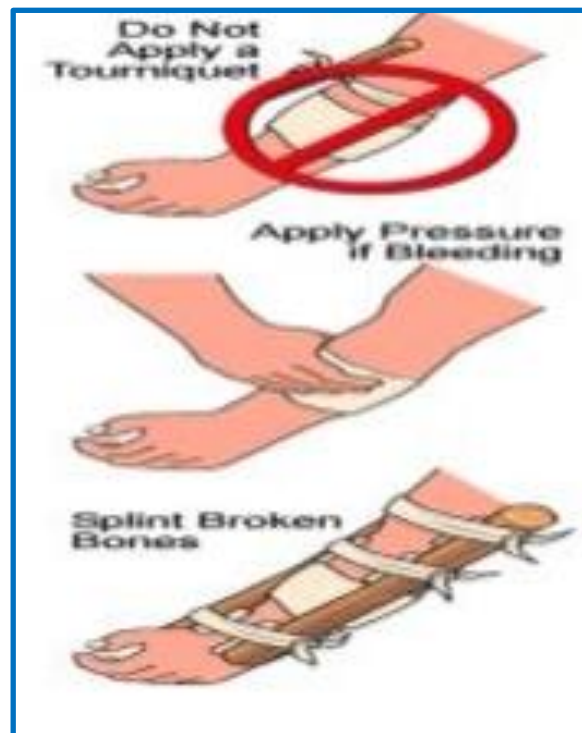
Fractures

Signs of a Fracture

- Severe pain at the injury site, worsens with movement
- Deformity or unusual shape of the limb
- Swelling in the affected area
- Skin may be intact (closed fracture) or broken (open fracture)

First Aid for Fractures

1. Help the person lie on their back
2. Immobilize the injured limb without moving it
3. Do not try to straighten the limb
4. If there are signs of shock (cold skin, weak pulse), treat for shock
5. Monitor breathing, pulse, and consciousness
6. Call emergency services immediately



Explosions

Common Causes of Explosions

- Domestic: e.g., gas cylinder explosions
- Industrial: e.g., mining accidents or factory blasts

Types of Injuries from Explosions

- Blast wave trauma
- Air pressure impact

- Flying shrapnel
- Flash burns
- Crushing injuries
- Psychological shock and panic

Heatstroke (Sunstroke)

When It Happens

- During high temperatures and humidity
- When there's little or no wind
- The body's cooling system fails and sweating stops
- Body temperature rises above 40°C (104°F)

Why It's Dangerous

- The body stores excess heat
- These damages brain cells
- Can lead to permanent disability or death
- Even with treatment, mortality can reach 50%

First Aid for Heatstroke

1. Move the person to a cool, shaded, or air-conditioned place
2. Wrap them in a wet, light sheet or place them in a cool bath
3. Monitor body temperature — do not let it drop below 38.5°C
4. Do not give stimulants or painkillers
5. Act quickly — early intervention reduces complications

Back Pain from Improper Lifting

Causes

- Lifting heavy objects with poor posture
- Twisting the spine while lifting
- Carrying loads unevenly
- Repeated lifting without rest

Common Mistakes

- Bending at the waist instead of the knees
- Lifting with the back muscles instead of the legs
- Jerking the body while lifting
- Not keeping the object close to the body



Correct Lifting Technique

1. Stand close to the object
2. Place feet shoulder-width apart
3. Bend your knees, not your back
4. Keep your back straight
5. Hold the object close to your body
6. Lift slowly using your leg muscles
7. Avoid twisting while carrying

Prevention Tips

- Strengthen core and back muscles
- Take frequent breaks during manual work
- Use lifting aids or ask for help when needed
- Maintain a healthy body weight