

5. Transport the person to the nearest medical center or hospital.

6. If there is suspicion of breakage in the spinal column, do not move the person at all, but transport him to the hospital as soon as possible, whether by carrying him on a straight wooden board or with the assistance of four people.



***Hajj & 'Umrah Relations Department  
Permits & Contractors Relations Section***

Phone: 44700000

Fax: 44701192

P.O.Box: 422 Doha - Qatar

***In cooperation with the Qatari Red Crescent***



**Hajj & 'Umrah Relations Department**  
Permits & Contractors Relations Section



## Goals and Rules Of First Aid

Learning how to give first aid to an injured person until he is transported to a hospital or attended by a doctor, helps prevent his condition from declining further and saves him from greater trauma.

The following are the general goals of giving first aid for common injuries:

#### **First: General Goals of First Aid:**

1. Saving a life
2. Preventing further risk of injury
3. Protecting a life and fighting inflammation

#### **Second: General Rules of First Aid:**

1. Keep the injured person stretched out.
2. Keep the person still; only move him for a necessity.
3. Keep the person reassured and as comfortable as possible.
4. Do not touch open wounds or burns with anything unnecessarily.
5. Do not administer anything orally to an unconscious person.
6. Do not move the person if there is a possibility of broken bones.
7. If carrying the person, make sure his feet



are forward.

8. Keep the person's body warm.

#### **Third: First Aid Required for Hemorrhaging:**

1. Assess the person's condition and make sure there are no additional injuries.
2. Take a clean cloth and place it over the two ends of the wound. Apply pressure to the cloth for a period of 15 minutes until the bleeding stops.
3. Place the person on his back, making sure that his feet are propped up higher than his head and that the wound is higher than the level of his heart, while maintaining pressure on the wound.
4. When the bleeding stops, tie the wound securely with another clean and sterilized cloth.

#### **Fourth: First Aid for Burns:**

1. If the person's clothes are on fire, you must place him on the ground, place a coat or blanket over him, and/or tell him to roll around on the ground until the fire is extinguished.
2. Pour cold water on the burnt area to alleviate the heat.



3. If the burn is of a very severe degree, put the person in a comfortable place and do not allow him to move.

4. Do not try to touch the burn; instead, cover it to avoid infection.

5. If the burn poses a risk to the person, transport him to the hospital as soon as possible.

#### **Fifth: Bone fractures:**

These are the characteristics that indicate fractured bones:

1. Bluish swelling
2. Extreme pain when moving the fractured limb
3. Deformity of the limb
4. Bleeding if the breakage opens the skin

#### **Sixth: Ways to Treat Bone fractures:**

1. Do not move the fractured part in order to prevent complications.
2. Place a splint to stabilize the fractured part; this is done by using a suitable piece of wood.
3. Stabilize the fractured part on the splint using bandages.
4. (For arms) support the fractured part by a sling to alleviate the pain.

