



Ministry of Higher Education

Djilali Lyabes University – Sidi Bel Abbès

Taleb Morad Faculty of Medicine

First Aid Program – Level I, First Year Medicine 2025/2026

Date	Schedule	Groups	Situation	Main competencies	Instructors
17/02/2026	13h-14h	G1 (A,B)	<u>An unconscious but breathing victim.</u>	Assess the _ level of consciousness .and breathing Place the victim in the recovery position (lateral .(safety position	Pr Ghomari W Dr Bouadjaj S Dr Boumlik R Dr Kadari.M
	14h-15h	G2 (A,B)			
	15h-16h	G3 (A,B)			
	16h-17h	G4 (A,B)			
18/02/2026	13h-14h	G5 (A,B)	<u>Faintness</u>	Initiate first aid _ measures (recovery) position, leg .(elevation Call for help _ and proceed with .transfer	Pr Senhadji.L Dr Benkabou.N Dr Achi.M Dr hakkiki.C
	14h-15h	G6 (A,B)			
	15h-16h	G7 (A,B)			
	16h-17h	G8 (A,B)			
			<u>Drowning</u>	- Transfer the victim onto a rigid surface if feasible.	

<p>24/02/2026</p>	<p>12h_12H45 12H45_13H30 13H30_14H15 14H15_15H</p>	<p>G1(A,B) G2(A,B) G3 (A,B) G4(A,B)</p>	<p>_Victim of asphyxia (adult, child, infant) Partial obstruction Complete obstruction</p>	<ul style="list-style-type: none"> - Evaluate the patient's level of consciousness and respiratory status. - Initiate chest compressions. - Deliver ventilations (mouth-to-mouth or mouth-to-nose). - Transfer the victim onto a rigid surface if feasible - Evaluate the patient's level of consciousness and respiratory status - Initiate chest compressions - Deliver ventilations (mouth-to-mouth or mouth-to-nose) - Warm the victim - Place the victim in the recovery position (PLS) - Alert emergency services and organize the transfer 	<p>Pr yousfate.K Dr Abbou.Y Dr Messaad.M Dr Nabi.A</p>
<p>25/02/2026</p>	<p>12h_12H45 12H45_13H30 13H30_14H15 14H15_15H</p>	<p>G5(A,B) G6(A,B) G7(A,B) G8(A,B)</p>	<p>- Poisoning (medication, carbon monoxide)</p>	<ul style="list-style-type: none"> - Identify airway obstruction - Clear the airway if obstructed - Apply the Heimlich maneuver (victim standing, kneeling, lying down) - Alert emergency services and organize the transfer 	<p>Dr Talbi.M Dr Kadiri.L Dr Lekssari.M Dr Nabi.A</p>

				<ul style="list-style-type: none"> - Assess the state of consciousness and breathing - If gas is present: ventilate (open the windows) - Do not turn on electricity - If in a confined atmosphere: remove the victim for CPR - If possible, identify the medication involved and the quantity - Alert emergency services and organize the transfer 	
03/03/2026	12h_12H45	G1 (A,B)	<u>Electric shock</u>	<ul style="list-style-type: none"> - Cut off the power, use an insulating pole - Assess the state of consciousness and breathing - Identify injuries: burns, trauma, etc. - Alert emergency services and proceed with transfer 	PR yousfate.K Dr Bouadjaj.S Dr Boumlik.R Dr talbi M
	12H45_13H30	G2 (A,B)			
	13H30_14H15	G3 (A,B)			
	14H15_15H	G4 (A,B)			
04/03/2026	12h_12H45	G5 (A,B)	<u>Skin burn.</u>	<ul style="list-style-type: none"> - Extinguish the fire (blanket, water, sand, etc.) - Wash the burn with water - Protect the victim from cold, heat loss, and smoke - Alert emergency services and proceed with transfer 	PR Senhadji L DR benkabou K DR Hakiki C Dr achi M
	12H45_13H30	G6 (A,B)			
	13H30_14H15	G7 (A,B)			
	14H15_15H	G8 (A,B)			

10/03/2026	12h_12H45 12H45_13H30 13H30_14H15 14H15_15H	G1(A,B) G2(A,B) G3 (A,B) G4(A,B)	Ingestion of caustic substances	<ul style="list-style-type: none"> - Know the actions to avoid - If possible, identify the nature of the caustic substance - Alert emergency services and proceed with transfer 	Pr Chadli.M Dr BOURDJLZ Dr Zerouki.A Dr Bahiri.A
11/03/2026	12h_12H45 12H45_13H30 13H30_14H15 14H15_15H	G5(A,B) G6(A,B) G7(A,B) G8(A,B)			Pr Chadli.M Dr BOURDJLZ Dr Zerouki.A Dr Bahiri.A
17/03/2026	12h_12H45 12H45_13H30 13H30_14H15 14H15_15H	G1(A,B) G2(A,B) G3 (A,B) G4(A,B)	Nosebleed	<ul style="list-style-type: none"> - Tilt the head forward - Apply compression to the nose while waiting for organized emergency services - Protect yourself (avoid contact with blood) - Alert emergency services and organize the transfer 	Pr Tahraoui.A Dr Bouassria.W Dr Hadjkacem.T Dr Benyahya
18/03/2026	12h_12H45 12H45_13H30 13H30_14H15 14H15_15H	G5(A,B) G6(A,B) G7(A,B) G8(A,B)			Pr Tahraoui.A Dr Bouassria.W Dr Hadjkacem.T Dr Benyahya
07/04/2026	13h-14h 14h-15h 15h-16h	G1(A,B) G2(A,B) G3 (A,B)	stretcher transport and lifting	<ul style="list-style-type: none"> - Lift the victim: with 3 people (simple bridge), with 4 people (improved bridge), or using the Dutch bridge, and proceed with stretcher transport - Move while respecting the head-neck-trunk axis 	Dr Benhadou Dr Mokrane Dr Mihali

	16h-17h	G4(A,B)	Cervical spine injury	<ul style="list-style-type: none"> - Apply a cervical collar - Use makeshift splints if necessary - Alert emergency services and organize the transfer <p>---</p>	Dr Benoumer
08/04/2026	13h-14h	G5(A,B)	Helmet removal on a motorcyclist (Conscious victim Unconscious victim)	<ul style="list-style-type: none"> - Immobilize the spine - Apply a collar or neck brace - Alert emergency services and proceed with transfer <p>---</p>	Dr mokrane Dr Benhadou Dr Mihali Dr Benoumer
	14h-15h	G6(A,B)			
	15h-16h	G7(A,B)			
	16h-17h	G8(A,B)			
14/04/2026	13h-14h	G1(A,B)	Fracture	<ul style="list-style-type: none"> - Prohibit any movement of the injured limb - Immobilize the injured limb - Alert emergency services and proceed with transfer 	Dr Benhadou Dr mihali Dr MOkrane Dr Benoumer
	14h-15h	G2(A,B)			
	15h-16h	G3 (A,B)			
	16h-17h	G4(A,B)			
			Amputation (limb, fingers) Fracture	<ul style="list-style-type: none"> - Apply compression, place a tourniquet - Protect the wound 	

15/04/2026	13h-14h	G5(A,B)			Dr Benhadou Dr mehali Dr Mokrane Dr Benoumer
	14h-15h	G6(A,B)			
	15h-16h	G7(A,B)			
	16h-17h	G8(A,B)			

NB:

- Teaching will take place in the simulation center of the Department of Medicine.
- Teaching tools: simulation mannequins and visual aids.

Module coordinator for First Aid: Dr. Samir Bouadjaj