RO Hamzeh "Around five metres before reaching the guy, I was shot in the right side of	of my upper body. I went back around two meters and fell to the ground. I told the other paramedics that I had been shot".
	27-year-old Hamzeh Abu Hajar is a volunteer paramedic with the Palestinian Medical Relief Society (PMRS).
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Hamzeh	
Ъ	a 2022, with increasing escalations across the West Bank, Hamzeh began volunteering as a PMRS first responder.
"Every time the Israeli forces would raid Nablus Old City, I wou	ld join the field team. PMRS cars would drive us to different locations where people were injured and needed our
	use, while PMRS made sure we were all wearing vests by the time we reached a location with injured people At ver, as the confrontations increased the occupation forces stopped distinguishing between paramedics, journalists,
	I was scared when going into the field, but it wasn't the kind of fear that would prevent me from going to help the
	people who depended on us."

	ive metres before reaching the guy, I was shot in the right side of my upper body. I went back around two meters and fell to the ground. I told the other paramedics that I had been
	At around 8am on the morning of Friday 30 December, Israeli forces raided Nablus Old City. Hamzeh was called to the field to support treating the in
guy, I w	d calls to help with an injury near my location. I immediately went to respond, and there were another two paramedics behind me. Around five metres before reach was shot in the right side of my upper body. I went back around two meters and fell to the ground. I told the other paramedics that I had been shot. I felt that my boorn apart from the inside. I was on the ground for several minutes until Al Razi ambulance [a private ambulance] reached me. A sniper had been shooting between the ambulance on site and ambulances on site ambulances on site ambulances on site ambu
The se	econd ambulance had been from the Palestine Red Crescent Society, which was obstructed from reaching Hamzeh. After Al Razi ambulance reached him, they trans
him to I	hospital. The ambulance tried to exit via the western route to Rafidia Government Hospital but was again obstructed by Israeli forces, which compelled the team to
	ember slipping in and out of consciousness. I vaguely remember being in the ambulance. I also remember my brother, doctors, some of my PMRS friends, and man urrounding me in the hospital. I was put in an emergency intensive care room when I reached the hospital and ten minutes later, I was transferred to the operating
	teh's surgery took 4.5 hours. He stayed in the intensive care unit for 6 days, after which he was transferred to another ward for a further two days before being disc te. The bullet had injured Hamzeh's right lung and diaphragm, torn part of his liver and right kidney, and broken four of his ribs. He also suffered a bladder injury

Hamzeh is undergoing a slow recovery. He moves around the house and goes for follow up visits to the hospital every Tuesday. Because of his broken ribs he faces difficulties moving and sleeping. The injury of his lungs means he gets very tired whenever he tries to move around the house.

"Before my injury I witnessed some difficult cases working in the first response teams. I helped provide first aid to people who had very severe injuries. I even had to move people who had been killed. One of the hardest experiences was when I had to move a martyr who turned out to be my friend. I had been with him just a few hours before the raid. I was so shocked to see that it was my friend. Even these experiences didn't prevent me from going back to the field. On the contrary, it gave me a stronger push to go and to support those in need, especially knowing that they depended on our help. I felt it was my duty to help them. After I fully recover, I plan to return. My mother is worried. She keeps telling me that she doesn't want me to go back. She says the first time I was lucky, but we don't know what will happen next time. Still, I plan to return."



