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Common JOIN First Aid Standards

OVERVIEW

It is acknowledged that member countries may have varying standards, requirements and qualifications in their internal national operations.

This paper sets out the basis for a common approach to First Aid and proposed minimum standard for first aider activity across JOIN and principally to assist in Volunteer Swap international events.

Information has been taken from the European Resuscitation Council Guidelines for Resuscitation 2015 which is highly academic and focuses on research and resuscitation. Information has also been taken from the European First Aid Manual (Belgian Red Cross 2011)-EFAM 2011 which is a platform that provides the latest information on first aid and the European Medical Certificate project (First Aid Certification Centre London) which aims to facilitate the recognition of first aid certificates obtained in Europe and thus the free movement of medical personnel by guaranteeing the quality of the certificates.

The 2015 definition of First Aid is defined as the helping behaviours and initial care provided for an acute illness or injury.

A First Aid Provider is defined as someone trained in First Aid who should:

1. recognise, assess and prioritise the need for first aid
2. provide care using appropriate competencies
3. recognise limitations and seek additional care when needed

The goals of First Aid are to preserve life, alleviate suffering, where possible, and prevent further illness or injury and promote recovery.

SCENE MANAGEMENT

- Getting involved
- Calling for help
- Assessing the safety of the scene
- Assessing the victim/casualty
- Providing immediate assistance
- Securing essential medical supplies

SKILLS¹

- Able to call for help
- Scene survey
- Assess scene safety (physical and environmental hazards)
- Establish need for additional help
- Limit exposure to HIV, hepatitis B and C, using available supplies
- Evaluate adequacy of airway
- Evaluate adequacy of breathing
- Evaluate extent of external bleeding
- Remove foreign bodies from airway (e.g.using Heimlich manoeuvre)
- Restore open airway using manual manoeuvres (e.g.chin lift,jaw thrust)
- Provide respiratory support (mouth to mouth resuscitation)
- Cardiopulmonary resuscitation (CPR) (especially chest compressions)
- Control external haemorrhage through direct pressure
- Measure and record pulse rate
- Nonsurgical management of wounds (e.g.dressings)
- Cool a burn area with water
- Cover the skin with clean dressings for burns
- Use basic immobilization for fractured extremities
- Use spinal precautions when extracting or moving patients
- Manage pain without medicine using ice,elevation,immobilization
- Use of Non-sterile single use gloves

¹ Taken from World Health Organisation Report