

# First Aid and Emergency Treatment Training – *How much is enough?*



# *‘Adequate and appropriate’*

*What is ‘adequate and appropriate’ will depend on the circumstances in the workplace. This includes whether trained first-aiders are needed, what should be included in a first-aid box and if a first-aid room is required.*

*Employers should carry out an assessment of first-aid needs to determine what to provide.*



# Risk assess your workplace first aid requirements



# First aid at work

## The Health and Safety (First Aid) Regulations 1981

*This guidance is written to reflect the optional four-layer framework for first-aid provision that has been in place for many years. The framework will help employers to comply with the Regulations by providing ‘off-the-peg’ levels of provision. These layers are:*

- Appointed person (AP);
- Emergency first aid at work (EFAW);
- First aid at work (FAW);
- Additional training.



# The Health and Safety (First Aid) Regulations 1981

## Guidance checklist

*Factors to consider ;*

- *Nature of the work and workplace hazards*
- *Nature of the workforce*
- *History of accidents*
- *Size of the organisation*
- *Remote and lone workers*
- *Remoteness of the site from the emergency services*

# Red cross survey

- A UK Survey asked 2000 people.
- 14% knew what to do.
- Only 7% would be confident/ willing.
- 80% Knew/ willing Germany and Scandinavia.
- 60% in the UK would be willing if confident.

*“The charity said the findings were worrying and urged trainers to be more creative in designing courses”*

# Trainers should be more creative

*Theory (new material, apps, videos)*

*Hands on Practical training (latest props)*

*Videos (make it fun)*

*Discussions (interactive)*

*Fun scenarios (team building)*



# SOS apps and some phone features

## Getting Help

- \* *IPhone and apple watch (ios 11 or later)*
- \* *Rapidly press the power button 5 times / apple watch hold the power button (SOS should appear)*
- \* *Slide the emergency slider.*
- \* *Emergency services will call.*



# Getting help (phone features)





## Medical ID

A Medical ID provides medical information about you that may be important in an emergency, like allergies and medical conditions.

The Medical ID can be accessed from the emergency dialler without unlocking your phone.

[Create Medical ID](#)



Dashboard



Health Data



Sources



Medical ID

Cancel

\* Medical ID

Done

EMERGENCY ACCESS

Show When Locked



Your Medical ID can be viewed when iPhone is locked by tapping Emergency, then Medical ID.



David Nield

[edit](#)



Birthdate

13 Nov 1980

Medical Conditions

None listed

Medical Notes

None listed

Allergies & Reactions

Penicillin

Cancel

\* Medical ID

Done

Medications

None listed



[add emergency contact](#)



[add blood type](#)



Organ Donor

Yes



[add weight](#)



[add height](#)

This information is not included in your Health Data or shared with other apps.

[Delete Medical ID](#)

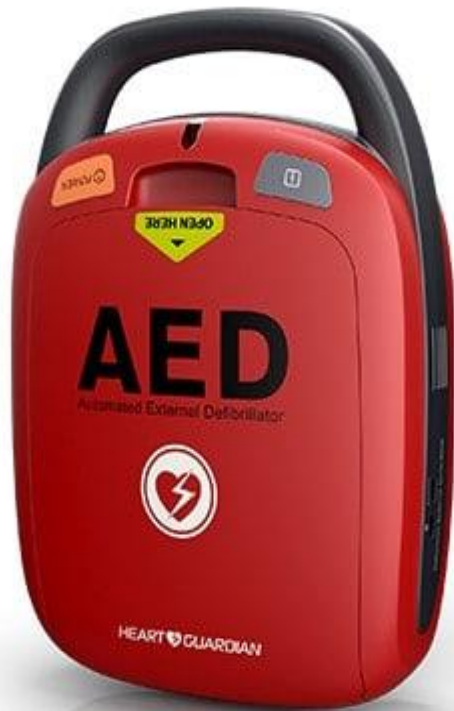
# Cardiopulmonary Resuscitation

- *Rate* = 100-120 Per minute
- *Depth* = 5-6 cm
- *Ratio* = 30 Compressions  
/2 Ventilations
- *Note-if done 100% correctly this only provides a maximum of 30% normal cardiac output*



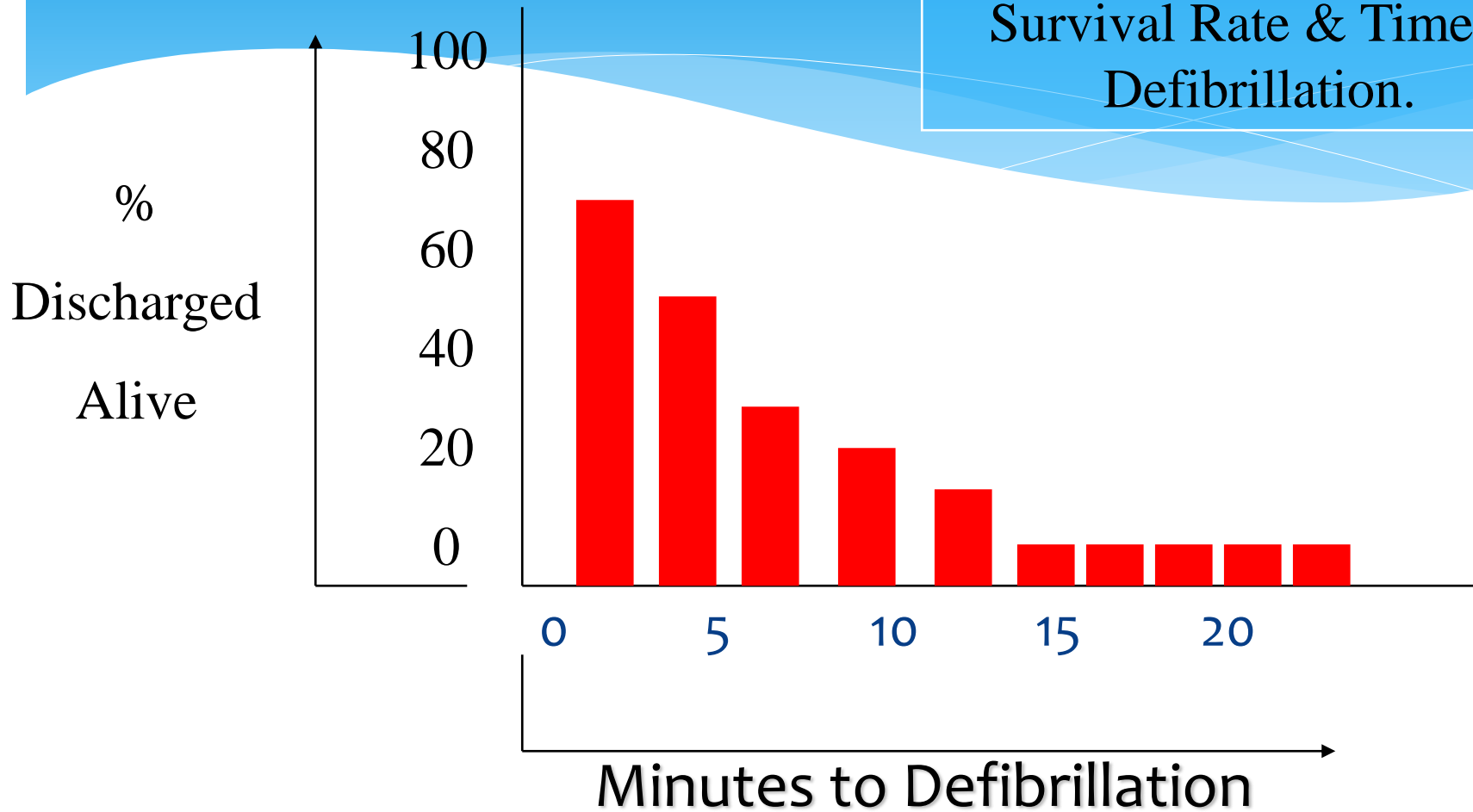
# Automated External Defibrillation

31st December 2016 added to the first aid syllabus



# CARDIAC ARREST

Relationship between  
Survival Rate & Time to  
Defibrillation.



# Mr Bean AED

# Scenarios and interaction



# The Benefits of First Aid are Clear

*“Hussain and Redmond (1994) showed that first aid could have prevented deaths in 39% of people who died from a medical emergency before reaching hospital.”*

