

First aid

Are you prepared in the event of an injury that requires emergency treatment? Ensuring you have provided sufficient training is equally as important as having the correct equipment easily to hand.

First aid is a system for the emergency treatment of illness and injury, which includes the following elements:

- emergency treatment,
- maintenance of records,
- redressing of a minor injury,
- recognising and reporting health hazards, and
- participation in safety programs.

Clubs and venue providers, in consultation with first aiders, should consider the following to determine first aid requirements for their facility:

- the available first aid facilities,
- content of first aid kits,
- number and location of first aid kits,
- advice and training on first aid assistance,
- the number and training level of first aiders,
- languages in which information should be provided.

First aid facilities

Appropriate first aid facilities and training should be determined according to the size and layout of the venue or club. Assess the size and layout of the place of activity and identify:

- the distance an injured or ill person has to be transported to first aid,
- a routine for cleaning and checking equipment,
- the ease with which this can be undertaken,
- the level of first aid available throughout the place of activity.



First aid kits

It is recommended that kits include as a minimum:

- emergency services telephone numbers and addresses,
- names and telephone numbers of club or venue first aiders,
- mobile phone,
- a first aid guide,
- individually wrapped sterile adhesive dressing,
- sterile eye pads,
- sterile pads for serious wounds,
- bandages,
- reusable - instant ice/cold pack,
- single use splinter probes,
- plastic bags,
- paper towel,
- note pad and pencil,
- safety pins,
- sterile un-medicated wound dressing,
- adhesive tape,
- asthma pump,
- rubber thread or crepe bandage,
- disposable gloves,
- sharp - blunt scissors, and
- list of kit contents.

All first aid equipment should be stored in a clearly identifiable container.

First aid officers

Responsibilities

First aid officers are responsible for taking positive action to prevent further injury and to render first aid management in accordance with their approved training, until medical help arrives.

All should have suitable training provided a relevant authorised body e.g. St Johns Ambulance or Red Cross.

First aid records

First aid officers are required to maintain a written record in a format that suits your situation of all first aid treatments.

Records of injury and illness are necessary to provide information which may assist in future treatment of the injured person. All personal records are confidential and must be securely stored.

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