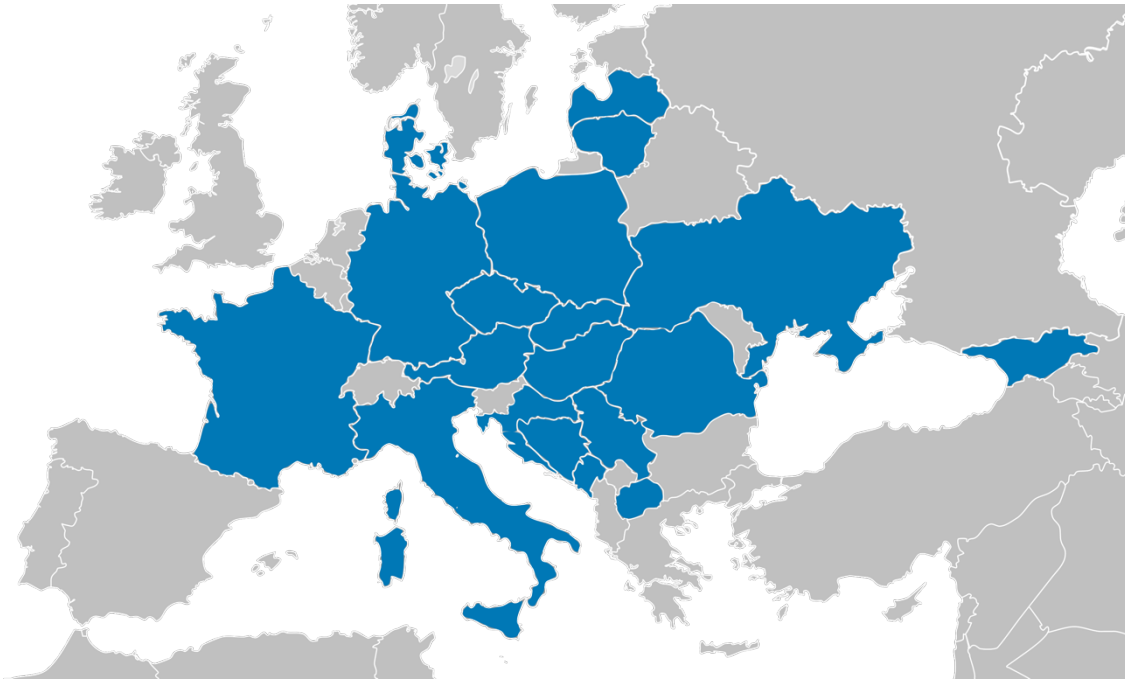


SAMARITAN INTERNATIONAL European First Aid Certificate



Revision 5/2023, as adopted by the Competence Centre First Aid (CC First Aid) of SAMARITAN INTERNATIONAL (SAM.I.) on 13 May 2023.

The following pages describe the SAM.I. internal standard for mutual recognition of basic first aid training. Amendments consisting solely of additional SAM.I. organisations joining the recognition mechanism by adding their certificate specimen do not require new official revisions.

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The SAM.I. European First Aid Certificate

The SAM.I. European First Aid Certificate is a tool to facilitate the recognition of first aid certificates within the network. It was originally developed by the European Committee on First Aid Education (EC First Aid) in 2017 and is now being maintained by its successor body of experts, the Competence Centre First Aid (CC First Aid). This revision of 2023 is the latest update.

It enables member organisations to more quickly determine whether a certificate from another member organisation is eligible for recognition.

It is not a universally valid European certificate, as this would require political action from the European Union and its member states. The EC First Aid laid out its recommendations to achieve this in its Single European First Aid Report in 2016.

Basic rules for recognition

The European First Aid Certificate is only valid in combination with a valid national certificate. We recommend that the back of the national certificate is used to convey the extended validity of the certificate within the SAM.I. network. In cases where this is not possible, the national certificate and the notice of validity as a SAM.I. European First Aid Certificate can be printed on separate sheets of paper but should be handed out and kept together.

To be eligible for recognition, a course shall conform to the European standard defined by the CC First Aid. The course shall cover all themes and have achieved the appropriate learning results as laid out in the Single European First Aid Report from 12 October 2016. The corresponding chapter is enclosed in this document as a reference.

Due to the many designs and languages the current national first aid certificates can exhibit, the participating national certificates are enclosed in this document in an annotated form, enabling first aid trainers to easily find all relevant information. SAM.I. organisations have to share a copy of their certificate design with indications on where to find the following relevant information to the CC First Aid, if they wish to participate in the European First Aid Certificate.

In particular, relevant information includes: Name of the participant, date of the course, the date of validity, the length of the course, and (if indicated) the name of trainer.

If the first aid education to be recognised is based on a series of courses (e.g. a basic course followed by refresh courses), an obligatory prerequisite for recognition is that the latest and currently valid certificate has been issued by a SAM.I. organisation.

Certificate text

The CC First Aid does not prescribe an exact layout for the European First Aid Certificate on the back of the national certificate or on a separate sheet. However, the following text shall be used, in English and, optionally, in the local language:

This course corresponds to the European standard defined by the Competence Centre First (CC First Aid) of SAMARITAN INTERNATIONAL (SAM.I.).

The SAM.I. European First Aid Certificate requires a course to cover all themes recommended by the CC First Aid as defined in the Single European First Aid Report from 12 October 2016 and certifies that the participant has reached the appropriate learning results.

The themes covered include:

- *Basic Life Support (including defibrillation)*
- *Recovery position*
- *Basic psychological care*

Specifications of the SAM.I. European First Aid Certificate – Revision 2023

- *Shock prevention*
- *Strong bleeding*
- *Physical trauma and wound treatment*
- *Thermic disorders*
- *Poisoning*
- *Burns (chemical, thermic)*
- *Stroke and seizures*
- *Airway obstructions and breathing distress*
- *Irregularities in circulation, heart attacks*
- *Special emergencies:*
 - Electricity accidents*
 - Taking off a motorcyclist's helmet*

The regular courses take 8 hours. Refresh courses have to be taken every two years.

More information: https://www.samaritan-international.eu/cms/wp-content/uploads/2025/01/SAM_I_First_Aid_Certificate_Long_Version-4.pdf

Annotated certificate specimens of participating SAM.I. organisations

ASB (Germany)

Wir helfen hier und jetzt.



Wir helfen hier und jetzt. Helfen Sie mit!

Sie können uns dabei unterstützen, anderen zu helfen. Es ist ganz einfach: Werden Sie Mitglied im ASB und/oder wirken Sie ehrenamtlich bei uns vor Ort mit. Sie können auch finanziell einen Beitrag leisten. Jede Spende ist willkommen und verbessert unsere Möglichkeiten, zu helfen.

Teilnahmebescheinigung einer betrieblichen Erste-Hilfe-Ausbildung in 9 Unterrichtseinheiten*

Herr/Frau Vor- und Nachname _____

geb. am _____

hat am/vom _____ bis _____ in der Zeit von _____ Uhr bis _____ Uhr erfolgreich teilgenommen.

Teilnahmegebühr wurde bezahlt. Gebühr wird anderweitig in Rechnung gestellt/entfällt. Teilnahmeunterlagen ausgehändigt (wenn nicht angekreuzt, dann nein)

Name, Vorname Lehrgangslleitung _____ Unterschrift Lehrgangslleitung _____ Stempel/Siegel _____

Ort/Datum _____ Name der ermächtigten Stelle: _____ Kennziffer der ermächtigten Stelle gemäß § 26 DGUV Vorschrift 1: _____ Registriernummer der Schulung: _____

Die Ausbildung entspricht dem aktuellen DGUV-Grundsatz 304-001 und der DGUV-Vorschrift 1. Diese Bescheinigung gilt als Nachweis der Teilnahme an der Ausbildung in Erster Hilfe gemäß § 19 der Fahrerlaubnis-Verordnung (FeV) über die Zulassung von Personen zum Straßenverkehr für Bewerber:innen um eine Fahrerlaubnis der Klassen AM, A1, A2, B, BE, L, T, C, C1, CE, C1 E, D, D1, DE, D1E. * Schulung für betriebliche Ersthelfende im Umfang von 9 UE (9 Unterrichtseinheiten entsprechen einer Nettounterrichtszeit von 9 x 45 Minuten)

Teilnahmebescheinigung einer betrieblichen Erste-Hilfe-Ausbildung in 9 Unterrichtseinheiten* (Zweitschrift)

Herr/Frau Vor- und Nachname _____

geb. am _____

hat am/vom _____ bis _____ in der Zeit von _____ Uhr bis _____ Uhr erfolgreich teilgenommen.

Teilnahmegebühr wurde bezahlt. Gebühr wird anderweitig in Rechnung gestellt/entfällt. Teilnahmeunterlagen ausgehändigt (wenn nicht angekreuzt, dann nein)

Name, Vorname Lehrgangslleitung _____ Unterschrift Lehrgangslleitung _____ Stempel/Siegel _____

Ort/Datum _____ Name der ermächtigten Stelle: _____ Kennziffer der ermächtigten Stelle gemäß § 26 DGUV Vorschrift 1: _____ Registriernummer der Schulung: _____

Die Ausbildung entspricht dem aktuellen DGUV-Grundsatz 304-001 und der DGUV-Vorschrift 1. Diese Bescheinigung gilt als Nachweis der Teilnahme an der Ausbildung in Erster Hilfe gemäß § 19 der Fahrerlaubnis-Verordnung (FeV) über die Zulassung von Personen zum Straßenverkehr für Bewerber:innen um eine Fahrerlaubnis der Klassen AM, A1, A2, B, BE, L, T, C, C1, CE, C1 E, D, D1, DE, D1E. * Schulung für betriebliche Ersthelfende im Umfang von 9 UE (9 Unterrichtseinheiten entsprechen einer Nettounterrichtszeit von 9 x 45 Minuten)

Place, date of issue

Ganz einfach Leben retten

Name of the participant

DoB

Date and time of day (from – to) of the course

Name & Registration number of teaching institution

Name, signature and stamp of teacher

Has to be signed/stamped: Yes

Specifications of the SAM.I. European First Aid Certificate – Revision 2023

Size of the paper: A4, but actually contains two copies of the certificate that can be removed individually

Print on the back: SAM.I. Certificate description designed like this:



SAMARITAN INTERNATIONAL e.V.
is a European association of politically and denominationally independent non-profit, non-governmental organisations oriented towards the greater common good. Numerous citizens are democratically participating as members, volunteers and advisors who provide First Aid in emergencies and feel connected to the historic Samaritan movement.

SAMARITER INTERNATIONAL e.V.
ist ein europäischer Zusammenschluss von ein Gewerkschaft orientierten und nicht auf die Erzielung von Gewinn ausgerichteten sowie parteipolitisch und konfessionell neutralen Nichtregierungsorganisationen, die vom demokratischen Bewusstsein vieler Bürgerinnen und Bürger als Mitglieder, Freiwillige und Berater in der Ersten Hilfe bei Unfällen und Erkrankungen tätig sind und sich der historischen Samariterbewegung verbunden fühlen.

SAMARITAN INTERNATIONAL
Generalsekretariat
c/o Adhater-Samariterbund Deutschland e.V.
Süßbergstraße 140, D-50937 Köln
www.samaritan-international.eu

<p>European First Aid Certificate This course corresponds to the European standard defined by the Competence Centre First Aid (CC First Aid) of SAMARITAN INTERNATIONAL (SAM.I). The SAM.I. European First Aid Certificate requires a course to cover all themes recommended by the CC First Aid as defined in the Single European First Aid Report from 12 October 2016 and certifies that the participant has reached the appropriate learning results.</p> <p>Europäisches Erste-Hilfe-Zertifikat Dieser Kurs entspricht dem europäischen Standard, der durch das Competence Centre First Aid (CC First Aid) von SAMARITAN INTERNATIONAL (SAM.I) definiert wurde. Das Europäische Erste-Hilfe-Zertifikat von SAM.I. setzt voraus, dass ein Kurs alle Themen abdeckt, die vom CC First Aid empfohlenen Themen abdecken, wie sie im Europäischen Europäischen Erste-Hilfe-Bericht vom 12. Oktober 2016 definiert sind, und bescheinigt, dass der Teilnehmende die entsprechenden Lernergebnisse erreicht hat.</p>	<p>First Aid courses (8 hours) The themes covered include:</p> <ul style="list-style-type: none"> • Basic Life Support (including artificial respiration) • Recovery position • Basic psychological care • Shock prevention • Strong bleeding • Physical trauma and wound treatment • Thermo disorders • Poisoning • Burns (chemical, thermal) • Stroke and seizure • Airway obstructions and breathing distress • Irregularities in circulation, heart attacks • Special emergencies: • Electricity accidents • Taking off a motorcyclist's helmet 	<p>Erste-Hilfe-Grundausbildung (8 Unterrichtsstunden) Zu den behandelten Themen gehören:</p> <ul style="list-style-type: none"> • alle Maßnahmen zur Wiederbelebung (einschließlich Defibrillation) • Sanierung • Psychologische Grundversorgung • Schockprävention • Starke Blutungen • Verletzungen und Wundversorgung • Thermische Störungen • Vergiftungen • Verbrennungen (chemisch, thermisch) • Schlaganfall und Krampfanfälle • Behinderung/Verengung der Atemwege und Asthma • Kreislaufunregelmäßigkeiten, Herzinfarkt • Besondere Notfälle • Elektrikunfälle • Helmabnahme beim bewussten Motorradfahrer töten
<p>The regular courses take 8 hours. Refresh courses have to be taken every two years. More information: http://bit.ly/EuropeanFirstAidCert Die regulären Kurse dauern 8 Unterrichtsstunden. Die Auffrischkurse müssen alle zwei Jahre besucht werden. Weitere Informationen: http://bit.ly/EuropeanFirstAidCert</p>		

<p>European First Aid Certificate This course corresponds to the European standard defined by the Competence Centre First Aid (CC First Aid) of SAMARITAN INTERNATIONAL (SAM.I). The SAM.I. European First Aid Certificate requires a course to cover all themes recommended by the CC First Aid as defined in the Single European First Aid Report from 12 October 2016 and certifies that the participant has reached the appropriate learning results.</p> <p>Europäisches Erste-Hilfe-Zertifikat Dieser Kurs entspricht dem europäischen Standard, der durch das Competence Centre First Aid (CC First Aid) von SAMARITAN INTERNATIONAL (SAM.I) definiert wurde. Das Europäische Erste-Hilfe-Zertifikat von SAM.I. setzt voraus, dass ein Kurs alle Themen abdeckt, die vom CC First Aid empfohlenen Themen abdecken, wie sie im Europäischen Europäischen Erste-Hilfe-Bericht vom 12. Oktober 2016 definiert sind, und bescheinigt, dass der Teilnehmende die entsprechenden Lernergebnisse erreicht hat.</p>	<p>First Aid courses (8 hours) The themes covered include:</p> <ul style="list-style-type: none"> • Basic Life Support (including artificial respiration) • Recovery position • Basic psychological care • Shock prevention • Strong bleeding • Physical trauma and wound treatment • Thermo disorders • Poisoning • Burns (chemical, thermal) • Stroke and seizure • Airway obstructions and breathing distress • Irregularities in circulation, heart attacks • Special emergencies: • Electricity accidents • Taking off a motorcyclist's helmet 	<p>Erste-Hilfe-Grundausbildung (8 Unterrichtsstunden) Zu den behandelten Themen gehören:</p> <ul style="list-style-type: none"> • alle Maßnahmen zur Wiederbelebung (einschließlich Defibrillation) • Sanierung • Psychologische Grundversorgung • Schockprävention • Starke Blutungen • Verletzungen und Wundversorgung • Thermische Störungen • Vergiftungen • Verbrennungen (chemisch, thermisch) • Schlaganfall und Krampfanfälle • Behinderung/Verengung der Atemwege und Asthma • Kreislaufunregelmäßigkeiten, Herzinfarkt • Besondere Notfälle • Elektrikunfälle • Helmabnahme beim bewussten Motorradfahrer töten
<p>The regular courses take 8 hours. Refresh courses have to be taken every two years. More information: http://bit.ly/EuropeanFirstAidCert Die regulären Kurse dauern 8 Unterrichtsstunden. Die Auffrischkurse müssen alle zwei Jahre besucht werden. Weitere Informationen: http://bit.ly/EuropeanFirstAidCert</p>		

ASSR (Slovakia)

Číslo: _____
 Number of certificate

**EURÓPSKY
 CERTIFIKÁT
 PRVEJ POMOCI**
 European certificate of first aid

Trvanie kurzu: _____
 Duration of course

Meno a priezvisko : _____
 Name and surname

Dátum narodenia: _____
 Date of birth

Miesto a dátum konania kurzu: _____
 Place and date where was the course held

v: _____ dňa: _____
 Place Date

Školiteľ: _____
 Trainer

ASSR:


Tento certifikát neoprávňuje držiteľa vyučovať prvú pomoc
 This certificate doesn't authorise to teach the first aid

Has to be signed/stamped: Yes

Size of the paper: A4

Print on the back: -

DPA (Denmark)



Dansk Førstehjælpsråd

Førstehjælpsbevis


Name ←

Social security number ←

har den 26-03-2018 deltaget aktivt i de nedenfor anførte førstehjælpsuddannelser som er gennemført med tilfredsstillende resultat jf. Dansk Førstehjælpsråds anbefalinger.

- Førstehjælp ved hjertestop (4 timer)
Deltageren kan både selvstændigt og i samarbejde med andre, håndtere en voksen bevidstløs person, med og uden normal vejtrækning, jf. ERC guidelines for basal genoplivning. Deltageren kan give relevant førstehjælp til en voksen person, der har fremmedlegemer i luftvejene, jf. ERC guidelines for basal genoplivning. Deltageren kan anvende en hjertestarter, hvor det er relevant for førstehjælpen.
- Førstehjælp ved ulykker (2 timer +)
Deltageren kan handle ud fra førstehjælpsens hovedpunkter, samt udføre relevant livreddende førstehjælp til tilskadekomne med fremmedlegemer i øvre luftveje, bevidsthedspåvirkning og med tegn på kredsløbssvigt. Deltageren kan skabe sikkerhed for sig selv og tilskadekomne i forbindelse med ulykker. Deltageren kan yde førstehjælp ved større ulykker og kan nødflytte tilskadekomne der ligger på jorden eller sidder i bil. Deltageren kan yde psykisk førstehjælp i de første minutter.
- Færdselsrelateret førstehjælp bil/MC/traktor (4 timer)
Deltageren kan handle ud fra førstehjælpsens hovedpunkter og ABC-principperne, samt udføre relevant livreddende førstehjælp til tilskadekomne i forbindelse med de typiske trafik- og færdselsrelaterede ulykker på vej og gade hvor bil, MC eller traktor er involveret. Deltageren kan handle ved færdselsrelaterede bil- eller MC-ulykker, der umiddelbart er livstruende, eller som kan udvikle sig til livstruende situationer, og yde relevant førstehjælp, til såvel lettere og svære tilskadekomne og kan overlevere hele hændelsesforløbet til ambulancepersonale. Deltageren kan overskue, hvor der kan opstå farlige situationer ved kørsel med bil, MC og traktor. Deltageren har reflekteret over egen holdning og muligheder for at handle forebyggende ved de typiske årsager til at personer bliver dræbt eller kvæstet i trafikken.
- Færdselsrelateret førstehjælp for unge knallertførere (4 timer)
Deltageren kan handle ud fra førstehjælpsens hovedpunkter ved færdselsrelaterede ulykker, hvor knallert er involveret. Deltageren kan handle ved færdselsrelaterede knallertulykker, der umiddelbart er livstruende, eller som kan udvikle sig til livstruende situationer. Deltageren kan yde førstehjælp til personer ved de hyppigst forekommende skader opstået i forbindelse med trafikulykker. Deltageren kan selvstændigt forebygge ulykker og kender de typiske årsager til ulykker med knallert. Deltageren har reflekteret over egen holdning og muligheder for at handle forebyggende, ved de typiske årsager til ulykker med knallert.
- Førstehjælp ved blødninger (1,5 timer)

Dansk Førstehjælpsråd anbefaler at den opnåede førstehjælpskompetence vedligeholdes jævnligt, senest den 26-03-2020. For førstehjælpsuddannelser gennemført i forbindelse med erhvervelse af kørekort gælder dog, at de højst må være et år gamle jf. kørekortbekendtgørelsen



Instruktør: Thomas Egesborg Pedersen(2023)

Bevis id: 47d71d6c-688e-432f-a961-b76b04ac4e04. Beviset kan verificeres på <http://kursusbevis.foersthjaelpsraad.dk> ved hjælp af bevis-ID.

Name of the participant and social security number

Date of the course

Description of course modules / contents and length in educational units ("timer")

General date of validity (after two years)

Logo of the issuing organisation

Name of the instructor

Certificate number

Side 1 af 4

Has to be signed/stamped: No – Verification is done electronically. The certificate number can be checked online on the website of the Danish First Aid Council.

Size of the paper: A4

Print on the back: -

Note: A specimen with all module descriptions in English is available at:

<http://foersthjaelpsraad.dk/first-aid-certificate/>

FSR (Romania)

Local association ASB Romania

CURS DE INSTRUIRE

ASB
Asociația de Sprijin și Binefacere România
"Misiunea noastră este să ajutăm aici și acum"

D-na(D-l).....
A **cursul de formare în**

ACORDAREA PRIMULUI AJUTOR

PARTENER
CENTRUL MEDICAL MEDIURG

Cursul s-a desfășurat în perioada, și a avut o durată de

NIVEL

MEMBRU
FSR
Federația Samaritenilor Români

MEMBRU
FSR
Federația Samaritenilor Români

SAMARITAN INTERNATIONAL

Președinte,
Dr. Cristian Anton VINTILESCU

Name of the participant

Has to read: „INSERTPAS SEDHERE“, meaning „passed“

Date of course

Length of course

Date of document

Valid until

Has to be signed/stamped: No

Size of the paper: A4

Print on the back: SAM.I. First Aid Certificate in English and Romanian

LSA (Latvia)

Regular course certificate

Latvijas Republikas Veselības ministrija
Neatliekamās medicīniskās palīdzības dienests

APLIECĪBA
Nr. D 228901

Apmācītājorganizācija (spiedogs):

Īpašas atzīmes:
Nokārtoja iekšēju pirmajā palīdzībā transporta līdzekļu vadītājiem un ieroču nēsātājiem, un tādējādi apliecinot apgūtās zināšanas un prasmes pirmās palīdzības sniegšanā.

(vārds, uzvārds)
personas kods

Pasniedzēja vārds, uzvārds, sert.Nr., (spiedogs), paraksts

par pirmās palīdzības pamatzināšanu 12 stundu apmācības kursa beigšanu ar triju stundu zināšanu pārbaudi.

Apliecība izdota 20 . g. .
Derīga līdz 20 . g. .

Saskaņā ar Ministru kabineta 2012. gada 14. augusta noteikumiem Nr. 557.

Apmācītājorganizācijas vadītāja paraksts, atšifrējums, z.v.

Name of the participant

Length of course (12 hours with 3 hour knowledge test)

Seal/Stamp of training organisation


Name and other identifying information of the teacher

Date of document

Date of validity

Extended course certificate

Apmācītājorganizācija (spiedogs):



Latvijas Republikas Veselības ministrija
Neatliekamās medicīniskās palīdzības dienests

APLIECĪBA
Nr. C 006103

Īpašas atzīmes:
Nokārtoja ieskaiti un prot pielietot apgūtās zināšanas un prasmes paplašinātās pirmās palīdzības sniegšanā.

(vārds, uzvārds)
personas kods

Par paplašinātās pirmās palīdzības 40 stundu apmācības kursa beigšanu ar zināšanu pārbaudi.

Saskaņā ar Ministru kabineta 2012. gada 14. augusta noteikumiem Nr. 557.

Pasniedzēja vārds, uzvārds sert.Nr.,(spiedogs), paraksts

Apliecība izdota 20__ g. __. __.

Derīga līdz 20__ g. __. __.

Apmācītājorganizācijas vadītāja paraksts, atšifrējums, z.v.

Name of the participant

Length of course (40 hours extended course)

Seal/Stamp of training organisation

Name and other identifying information of the teacher

Date of document

Date of validity

Has to be signed/stamped: Yes (see annotations)

Size of the paper: A4

Print on the back: Official government-issued form, no print on back.

Please note: There is a similar looking yellow version of this form which is not adequate for international recognition! Only the red and blue versions should be recognised.

LSB (Lithuania)

Local Association LSB Kaunas



LIETUVOS SAMARIEČIŲ BENDRIJA KAUNO SKYRIUS

LSB Kauno skyrius

Įm. kodas:193376827, lic. Nr. VSL-524

Šv. Gertrūdos g. 8A, Kaunas Tel. 8 37 321 572,

El. paštas: ppm@kaunosamarieciai.lt

Sveikatos žinių ir įgūdžių atestavimo pažymėjimas

20 ____ - ____ - ____ LSB - ____

(Vardas)

(Pavardė)

____ - ____ - ____
(gimimo metai)

(Profesijos ar veiklos srities pavadinimas)

Atestuota /as pagal ____ val.
(trukmė ak. val.)

Privalomojo pagrindinio /testinio pirmos
pagalbos mokymų programą _____

(pažymėjimo galiojimo laikas, jeigu nustatytas mokymų periodiškumas)

Artūras Stoškus

Date

First name(s)
of the
participant

Surname of
the participant

Date of birth

Hours

Main course /
refresher
course

Signature /
Stamp

Name of
trainer

Has to be signed/stamped: Signed and stamped

Size of the paper: A4

Print on the back: -

MRC (Malta)



Certificate Of Competence

FIRST AIDER

This is to certify that

XXXXXXXX
ID Card No.

has successfully completed the cognitive and practical requirements and has achieved the required standards

Course No:
Certificate No:
Certification Issue Date:
Certification Expiry Date:

Etienne Micallef
Secretary General

This course corresponds to the European standard defined by the Competence Centre First (C C First Aid) of SAMARITAN INTERNATIONAL (SAM.I.)



Accreditation: The course meets the standards as laid down by the European Resuscitation Council guidelines for Basic Life Support & First aid 2021

Specifications of the SAM.I. European First Aid Certificate – Revision 2023

Has to be signed/stamped: Signed

Size of the paper: A4

Print on the back: Short description of SAM.I. certificate:

The SAM.I. European First Aid Certificate requires a course to cover all themes recommended by the CC First Aid as defined in the Single European First Aid Report from 12 October 2016 and certifies that the participant has reached the appropriate learning results.

The themes covered include...

- Basic Life Support (including defibrillation)
- Recovery Position
- Basic psychological care
- Shock prevention
- Severe bleeding
- Physical trauma and wound treatment
- Thermic disorders
- Poisoning
- Burns (chemical, thermic)
- Stroke and seizures
- Airway obstruction and breathing distress
- Irregularities in circulation, heart attacks
- Special Emergencies
- Electricity Incidents
- Taking off a motorcyclist's helmet

*This course corresponds to the European
standard defined by the
Competence Centre First (C C First Aid)
of SAMARITAN INTERNATIONAL
(SAM.I.)*



WK (South Tyrol, Italy)

TEILNAHME-BESTÄTIGUNG ALLESTATO DI PARTECIPAZIONE

Herr/Frau **MAX MUSTERMANN** La Signora/il Signor

geb. am - in **01.01.1951 MUSTERSTADT** nata/o il - a

besuchte am **30.03.2017 MÜNCHEN/MÜNCHEN** ha superato il

den Kurs für **Erste-Hilfe-Beauftragte für die Risikogruppe** il corso per addette/i al pronto soccorso per la tipologia di rischio

B/C

im Sinne des Art. 15 des Gesetzesvertretenden Dekretes vom 19. September 1994, Nr. 626 ai sensi dell'articolo 15 del decreto legislativo 19 settembre 1994, n. 626
 auf Grundlagen des Ministerialdekrets vom 15. Juli 2003, Nr. 388 sulla base del decreto ministeriale 15 luglio 2003, n. 388
 gemäß Dekret des Landeshauptmannes vom 13. Juni 2005, Nr. 25 ai sensi del decreto del Presidente della Provincia 13 giugno 2005, n. 25
 gemäß Artikel 45 des GvD vom 09. April 2008, Nr. 81 ai sensi dell'articolo 45 del decreto legislativo 09 aprile 2008, n. 81

Gültigkeitsdauer auf Staatsebene 3 Jahre, in der Autonomen Provinz Bozen-Südtirol 10 Jahre. Periodo di validità a livello nazionale 3 anni, nella Provincia Autonoma di Bolzano-Alto Adige 10 anni.

Landesrettungsverein Weißes Kreuz ONLUS Ass.prov.le di soccorso Croce Bianca onlus

Kursleitung/Direzione corso **Dr. Otto Mustermann** Sanitätsdirektor/Direttore sanitario **Dr. Georg RAMMLMAIR** Präsidentin/Presidente **Barbara SIRI**

ICNet **Italian Red Cross** **South Tyrolean White Cross**

Name of the participant

DoB of the participant

Date of course and place of course,
Also serves as date of document

General validity (3 years nationally, 10 years within South Tyrol)

Signature person responsible for course

Has to be signed/stamped: Signed

Size of the paper: A4

Print on the back: Course goals in German and Italian, explicit date of validity (“Gültigkeit der Ausbildung bis:” / “Validità del corso fino a:”), length of course in educational units (“Unterrichtseinheiten” / “unità”)

Learning results, content and transferable quality criteria

The learning results in the following table are organised according to the basic first aid scheme RECOGNIZE - EVALUATE - ACT, to correspond closely to the learner being able to help in emergency situations. We also make some recommendations on whether these results can be achieved via theoretical instruction, via demonstration or the learners practicing them themselves under supervision and with feedback from the trainer. If a type of instruction is optional, it is marked in brackets.

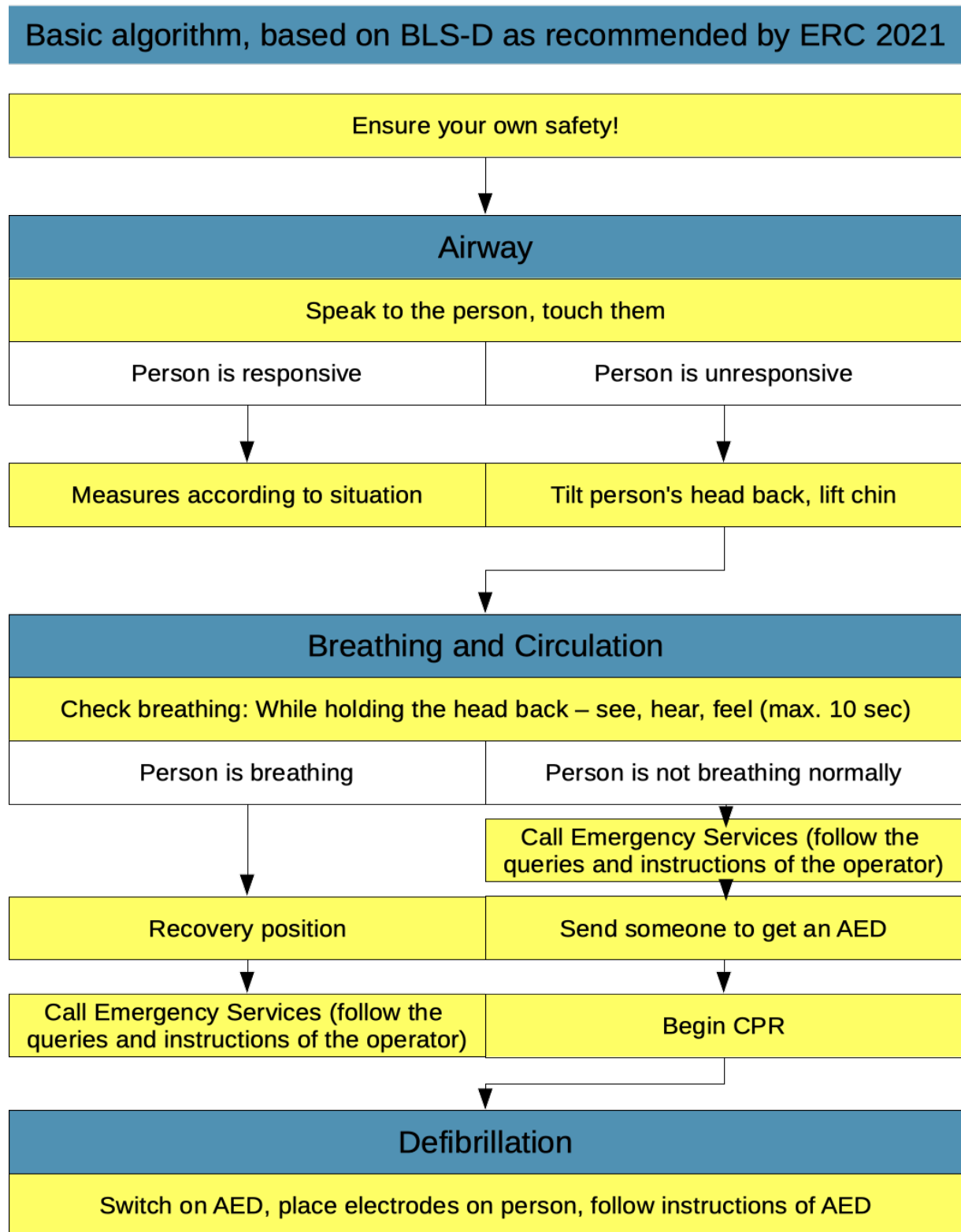
This table of recommended learning results is accompanied by brief descriptions of the topics.

Please note that the CC First Aid recommends the details of the content of courses to always be oriented along the accepted state of the art of emergency medicine. The guidelines of the European Resuscitation Council, as a body of medical experts, are already the basis for most national content prescriptions for Basic Life Support and should, with the newest edition also including other first aid measures, also form the basis of other aspects of first aid courses.

In fact, this content overview begins with a first aid version of the ERC's algorithm for basic life support in a flow-chart form as it is often used for teaching purposes.

The table afterwards lists the learning results for additional first aid measures. The recommended way of teaching (theoretical, demonstration, practice) is marked by checked or unchecked cells after the corresponding entries. If a way of teaching is marked in brackets (X) it is considered optional.

First steps in every emergency



The steps of the basic algorithm should be repeated at appropriate times of the course, in combination with the other measures.

Recommended course themes and how to teach them

	Learning results	Theoretical / Information	Trainer Demonstration	Training (all participants) + feedback
Basic algorithm	<i>We recommend the ERC basic life support guidelines in their latest version.</i>	X	X	X
Regular non-basic themes				
Administer basic psychological care	<i>Recognise:</i> Know the importance of basic psychological care.	X	X	X
	<i>Evaluate:</i> Determine if a person in need of basic psychological care.	X	X	X
	<i>Act:</i> Provide psychological care.	X	X	X
Prevent shock	<i>Recognise:</i> Be able to notice the possibility of shock.	X		
	<i>Evaluate:</i> Determine the possible cause of shock.	X	(X)	
	<i>Act:</i> Remove or limit the shock cause.	X	X	
Administer wound treatment	<i>Recognise:</i> Determine that the person's wound requires treatment.	X	X	X
	<i>Evaluate:</i> Be able to determine the type of wound and know the appropriate measures.	X	X	X
	<i>Act:</i> Treat wounds according to the different types of wounds.	X	X	X
Recognize thermal	<i>Recognize:</i>	X		

and chemical burns and treat them	Identify the signs, Identify the cause of burns.			
	<i>Evaluate:</i> Know the the influence of fire and chemical substances on the human body. Be able to determine significant or severe burns and know appropriate measures.	X		
	<i>Act:</i> Stop burning process, cool the burn area with clean flowing water for a sufficient amount of time, cover the burn and seek medical assistance for further treatment if needed.	X	(X)	
Recognise life-threatening bleedings and take appropriate measures	<i>Recognise:</i> Be able to notice life-threatening bleeding.	X	X	X
	<i>Evaluate:</i> Determine the appropriate treatment depending on location of bleeding.	X	X	X
	<i>Act:</i> Administer appropriate treatment.	X	X	X
Administer basic aid for physical trauma	<i>Recognise:</i> Identify the cause and location of suspected trauma: head, torso, abdomen, spine, limbs	X	X	
	<i>Evaluate:</i> Determine the appropriate method of treatment.	X	X	
	<i>Act:</i> Treat the person accordingly.	(X)	X	(X)
Recognise thermic disorders and treat them	<i>Recognise:</i> Know the possibility of critical thermic disorders, distinguishing hypo- & hyperthermia. Understand the influence of thermic disorders on the human body.	X		
	<i>Evaluate:</i>	X		

	Determine the appropriate treatment depending on kind of thermic disorder			
	<i>Act:</i> Support the re-establishment of normal core body temperature.	X	(X)	
Recognise and treat poisoning	<i>Recognise:</i> Recognise possible poisoning.	X		
	<i>Evaluate:</i> Check vital signs to determine whether it is critical.	X		(X)
	<i>Act:</i> Administer basic life support (see corresponding chapters)	X		X
Check normal breathing and know the dangers of non-normal breathing	<i>Recognise:</i> Know the signs of breathing/non-breathing and the dangers of non-normal breathing.	X	X	X
	<i>Evaluate:</i> Determine breathing of the person: listen - see - feel.	X	X	X
	<i>Act:</i> Administer artificial breathing in case of non-normal breathing/CPR.	X	X	X
Get the person into the recovery position	<i>Recognise/Evaluate:</i> Determine that a person is unconscious and breathing normally.	X	X	X
	<i>Act:</i> Be able to decide if a recovery position has to be established and, if so, place the unconscious person into the recovery position.	X	X	X
Apply CPR	<i>Recognise:</i> Recognise an unresponsive/unconsciousness person.	X	X	X
	<i>Evaluate:</i>	X	X	X

	Determine/check non-normal breathing, cardiac arrest.			
	<i>Act:</i> Perform CPR - if possible with AED.	X	X	X
Use an automated external defibrillator (AED)	<i>Recognise:</i> Recognise an unresponsive/unconsciousness person.	X	X	X
	<i>Evaluate:</i> Determine/check (un)normal breathing, cardiac arrest.	X	X	X
	<i>Act:</i> Perform CPR with AED.	X	X	X
Take off a helmet	<i>Recognise:</i> Know the particular dangers of someone in an emergency situation wearing a helmet.	X	X	X
	<i>Evaluate:</i> Determine consciousness & calm / unconsciousness or panic, vomit, blood inside helmet.	X	X	X
	<i>Act:</i> Remove/don't remove helmet according to evaluation.	X	X	(X)
Recognise neurological signs and know how to act in case of strokes and seizures	<i>Recognise:</i> Know how to recognize neurological signs.	X		
	<i>Evaluate:</i> Check vital signs. Recognize stroke as a high-risk emergency. (F.A.S.T.)	X		(X)
	<i>Act:</i> Be able to provide assistance according to type of neurological sign.	X		(X)
Recognise irregular breathing and be able to act in case of airway	<i>Recognise:</i> Recognise irregular breathing/Breathing distress 1. Airway obstructions 2. General breathing distress	X		

obstructions and general breathing distress	<i>Evaluate:</i> Determine if it is an airway obstructions or general breathing distress.	X		
	<i>Act (Airway obstruction):</i> Remove the object removal by the following measures: Coughing, back blows, Heimlich maneuver.	X	X	(X)
	<i>Act (General breathing distress):</i> Support a beneficial posture.	X	X	X
Recognise irregularities in circulation and be able to act in case of heart attacks and electricity accidents	<i>Recognise:</i> Know how to recognize irregularities in circulation and heart attack signs.	X		
	<i>Evaluate:</i> Check vital signs and recognize heart attacks as a high-risk emergency.	X		(X)
	<i>Act:</i> Be able to give assistance according to heart attacks and electricity accidents.	X		(X)

Transferable quality criteria for service providers and instructors

Just like the curricula, the framework conditions of certified first aid courses are heavily regulated nationally. In some cases, the prescription of conditions goes down to details such as the minimum floor area per participant. The CC First Aid considers the corresponding regulations at least adequate in all participating countries. To advance cross-border recognition, the exact details of such regulations should not be relevant. Instead, we recommend a few basic criteria indicative of good framework conditions. In case of recognition of certificates, the following criteria should be sufficient proof of a course framework in which the learning results can realistically have been achieved.

Note on times, educational units and recommended numbers

For the purpose of this chapter "hours", as referring to duration of course work, are defined as educational units of 45 minutes. First aid courses and instructor courses should be scheduled to include appropriate breaks.

Where specific numbers of hours or participants are recommended, higher national standards should take precedence.

Basic pedagogical framework conditions of first aid education

1. Duration of courses

We recommend that first aid courses have a duration of no less than eight hours. We recommend that the participants should spend at least half of the course time with practical exercises.

We recognise the evidence-based trend of shorter but more frequent courses, as also recommended by the ERC. Therefore, in the future, shorter courses yielding the same learning results should also be able to seek mutual recognition in educational frameworks such as the EQF.

We also recognise that in recent developments toward semi-digital courses, the number of hours spent on the theoretical information is difficult to measure. In this case, we recommend that other quality checks be put in place to measure attention and/or actual active engagement with the material.

2. Theory/Practice

For recommendations on which first aid themes may be taught without practical teaching and which themes require practical instruction and training, please see the theme table in the chapter on learning results.

3. Group size and number of trainers.

We recommend that the learning group for practical instructions and exercises there should be one instructor for every 6-8 participants.

4. Educational success, quality management and evaluation.

Trainers should conduct continuous checks of educational success throughout their courses. These can take the form of practical trials of learned measures as well as written or practical final trials.

An evaluation of first aid courses by the participants should always be conducted.

5. Training equipment

Teaching has to be supported with appropriate usage of training equipment in sufficient quantity. This equipment has to be properly prepared before each course.

All training equipment has to comply with all national or local regulation on quantity and quality of such materials and has to be suitable to teach the current medical consensus on first aid and resuscitation, as for example collected in the ERC guidelines.

6. Continuing education / Refresh

First aid skills should be kept up-to-date with sufficiently frequent refresh courses. We recommend an interval of two years, in accordance with the findings of studies on the degradation of learned skills over time. At this interval, refresher courses may be shorter than regular courses and only take four hours.

Trainer qualifications

1. Recommendations on capabilities of providers of first aid training, their trainers and trainer education

A provider of first aid courses has to prove that it is able to provide training and has a corresponding number of trainers at its disposal. Providers of first aid training have to maintain a quality management system including documentation of certifications and evaluation of training courses. Facilities and equipment have to be properly maintained.

All first aid training for first responders and trainers has to be based on the current state of the art of scientific medicine as propagated by recognised institutions¹.

The provider of first aid training has to make sure that its trainers receive appropriate continuing education. The completion of trainer training and their continuing education is documented appropriately (e.g. in personnel files or in training logs).

The ability to teach is given, when a trainer can prove, by showing valid documentation, that a special trainer course for first aid has been completed at an appropriate institution for training trainers. The trainer has to complete continuing education courses to refresh his certification in regular intervals.

The following requirements are necessary for trainers who are to conduct training and continuing education in first aid.

2. Medical/professional qualification

Precondition for entering instructor training:

¹ e.g. the ERC

To ensure quality in first aid education, we recommend that first aid trainers have previous knowledge or education in first aid or relevant fields of medicine or have received comparable education according to the respective national standards.

Instructor training courses:

We recommend the regular length of the trainer courses to be at least 40 hours. Duration and intensity of the courses may vary depending on pre-existing knowledge and qualification.

The trainer course has to cover BLS and PBLs² in addition to all the themes named in this document (see table Recommended course themes) in a way that enables the trainer to teach these themes to others.

3. Pedagogical qualification

Trainers should have received appropriate pedagogical training. We recommend physical attendance at this training course. Achievement of pedagogical learning results is possible by either a separate pedagogical education of appropriate length (e.g., 40 hours) or, particularly for shorter lengths of pedagogical training units, integrative practical training such as a mentoring program for new trainers.

A trainer must have professional knowledge of the content of the course, in particular the first aid themes and learning results defined in the corresponding chapter.

Every trainer also has to acquire knowledge of basic didactic and teaching methods. This includes conflict management, relevant rules & guidelines, motivation, target group analysis, feedback / communication, evaluation / check of success, different methods of moderating³, subject-specific background-knowledge⁴, rhetorical skills, the role of the trainer as a medium, realistic emergency simulation, and topic demarcation⁵.

In case the association offers semi-digital first aid courses, trainers should receive the knowledge and skills to effectively use digital teaching tools.

Trainers should be familiar with relevant teaching and demonstration materials. They should be able to organize a course in whole, including evaluation measures and methods of checking educational success (including exams).

Any additional national requirements on pedagogical training should be followed.

We recommend that pedagogical training is complemented by first-hand practical experience (such as a mentoring programme under the supervision of experienced trainers), before a trainer is allowed to conduct courses on their own.

(Partial) recognition of other teaching qualifications is subject to national regulations.

4. Conclusion of trainer education

Trainer education has to be concluded with a check of educational success that covers both theoretical and practical aspects. Pedagogical as well as medical knowledge and skills have to be checked.

5. Medical and pedagogical continuing education

The trainers are obligated to keep their knowledge and skills up to date.

² as defined by the ERC

³ Usage of different materials/media, electronic and/or classical.

⁴ Familiarity with first aid devices and materials, safety and hygiene rules.

⁵ I.e. Where does first aid end and further aid/emergency medicine start?

They should receive update / refresh courses after at most five years (according to national regulation). We recommend that the regular refresh education should take at least 16 hours and should include medical and pedagogical knowledge.

(Partial) recognition of other continuing education courses is subject to national regulations.

We recommend that trainers who have not conducted any first aid courses for two years or longer should take an additional theoretical and practical refresh course and/or participate in another supervised practical experience phase before actively instructing again.

Brief description of first aid topics

ERC Basic algorithm

The ERC basic algorithm consists of different measures described in their own respective paragraphs of this document. The ERC guidelines of 2021 have been used to write these descriptions. Nonetheless, the latest version of the ERC guidelines should be used as a reference for these themes and the basic life support algorithm.

See:

- Ensure own safety
- Call emergency services
- Check consciousness
- CPR (with AED)
- Illustration of the ERC Basic Life Support Algorithm at the beginning of the Annex

Ensure own safety

Learning results:

<p><i>Recognise:</i> Recognise an unsafe emergency scene.</p>
<p><i>Evaluate:</i> Assess the potential hazards of an emergency scene, e.g. electricity or traffic.</p>
<p><i>Act:</i> Be able to describe the scene and be able to secure and manage the site.</p>

Measures:

- Observe the scene!

- Protect yourself!
- If you can do something yourself: Act.
 - Take appropriate measures to either diminish the hazard or remove affected persons from the danger zone. (practical descriptions in Annex of guidelines)
- Else: Call emergency services (see next theme)

Call emergency services

Learning results:

<p>Recognize:</p> <p>Recognize that your situation requires you to call emergency services. When in doubt: call.</p>
<p>Evaluate:</p> <p>Gather the necessary information for emergency operator, if immediately available (don't delay!).</p>
<p>Act:</p> <p>Call the emergency number.</p>

Measures:

- Dial 112 or the national emergency number of your location!
- Give the operator all the the basic information he needs: Where, what, how, which (injuries).
- Then wait for queries.
- Follow the instructions of the operator, including telephone-assisted CPR.

Check consciousness and know the dangers of unconsciousness

Learning results:

<p><i>Recognise:</i></p> <p>Know the signs of consciousness and unconsciousness and the dangers of unconsciousness.</p>
<p><i>Evaluate:</i></p>

Determine consciousness of the person.
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Act:

Continue with appropriate measures depending on consciousness.
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Measures:

- Ensure own safety!
- Check Consciousness (talk to loudly and clearly, touch at the shoulder)
- If unconscious: Call emergency services for help and inform other people of the happening (shout for HELP). Observe where the nearest AED is (watch out for signs) and **command** someone to get it.
- Turn person on their back
- Open the airway (turn the head back)
- Check Breathing (10 seconds. See, hear, feel)
- no normal breathing, including gasping -> CPR or CPR with AED, see corresponding themes
- normal breathing -> recovery position, protect against heat loss, regularly check vitals

Check normal breathing and know the dangers of non-normal breathing

Learning results:

<i>Recognise:</i>

Know the signs of breathing/non-breathing and the dangers of non-normal breathing.
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<i>Evaluate:</i>

Determine breathing of the person: listen - see - feel.
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<i>Act:</i>

Administer artificial breathing in case of non-breathing/CPR.

Measures:

- Determine whether there is normal breathing
- Call emergency services
- Start artificial breathing, start CPR

Regular, non-basic THEMES

Administer basic psychological aid

Learning results:

<i>Recognise:</i> Know the importance of basic psychological care.
<i>Evaluate:</i> Determine if a person in need of basic psychological care.
<i>Act:</i> Provide psychological care.

Measures:

- Keep calm / get person to become calm
- Talk to person, use “their language”, ask for cause for his state of distress
- Communicate at eye level (kneel/sit down, if person is on the ground)
- Actively listen, let the person finish their statements and respond to their needs.
- Do not play down the situation, stay realistic while remaining reassuring
- Explain any further first aid measures you take and actively involve the person.
- Isolate the person from passer-bys and spectators.
- Don't leave the person alone until emergency services arrive.

Prevent shock

Learning results:

<i>Recognise:</i> Be able to notice the possibility of shock.
<i>Evaluate:</i> Determine the possible cause of shock.
<i>Act:</i> Remove or limit the shock cause.

Measures:

- Ensure own safety!
- Know pain and blood loss as possible causes of shock
- Stop the bleeding
- Do not cause any additional pain

- Let the person lay flat
- Call emergency services
- Keep the person calm
- Protect against heat loss

Administer wound treatment

Learning results:

<p><i>Recognise:</i> Determine that the person's wound requires treatment.</p>
<p><i>Evaluate:</i> Be able to determine the type of wound and know the appropriate measures.</p>
<p><i>Act:</i> Treat wounds according to the different types of wounds.</p>

Measures:

- Ensure own safety!
- For large / deep wounds or for wounds of uncertain extend, call emergency services and don't put any ointments or household remedies on the wound.
- Clean contaminants from wound
- Use sterile bandages and wound dressings.
- Apply appropriate type of wound dressing.
- Do not remove penetrating foreign objects (danger of causing bleeding)
- Remark for course participants: Check your vaccination status for tetanus.

Recognize thermal and chemical burns and treat them

Learning results

<p><i>Recognize:</i> <i>Identify the signs, identify the cause of burns.</i></p>
<p><i>Evaluate:</i> <i>Know the the influence of fire and chemical substances on the human body. Be able to determine significant</i></p>

or severe burns and know appropriate measures.

*Act:
Stop burning process, cool the burn area with clean flowing water for a sufficient amount of time, cover the burn and seek medical assistance for further treatment if needed.*

Measures

- Ensure own safety!
- Identify signs.
- Identify the cause of burns (hot water or oil, fire, electricity, direct contact with heat, chemicals or frozen surfaces).
- If needed: Call emergency services!
In case of inhalation: Always call emergency services!
- Basic life support (see corresponding chapters: during initial or emergent care, wound care is of secondary importance. The basic algorithm takes precedent over caring for the burn).
- Shelter from exposure.
- Stop burning process.
- Thermal burns:
 - Cool the burn area for at least 20 minutes with clean flowing water (or hydrogel products if water is not available) until affected person does not feel pain from the affected area anymore. In case of large burned areas, young children or infants, take particular care not to induce hypothermia when cooling. Note: Tap water may be very cold depending on region and season.
- Chemical burns:
 - cut off contaminated clothing, do not remove clothing contaminated by chemicals over the head or face; refer to instruction on the container if available; flush chemicals from the eyes for at least 20 minutes.
- Cover the burn and seek medical assistance for further treatment if necessary.

Recognise life-threatening bleedings and take appropriate measures

Learning results:

Recognise:

Be able to notice life-threatening bleeding.

Evaluate:

Determine the appropriate treatment depending on location of bleeding.
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<i>Act:</i>

Administer appropriate treatment.

Measures:

- Ensure own safety!
- Apply direct pressure (with or without dressing) until emergency medical/ambulance service arrives or, if available, apply a tourniquet (manufactured, not improvised!)
- Recommended position: supine position
- Call emergency services!
- Protect against heat loss
- Be aware of the risk of shock and conduct shock prevention.
- Basic psychological care
- Look after the injured person

(8) Administer basic aid for physical trauma

Learning results:

<i>Recognise:</i>

Identify the cause and location of suspected trauma: head, torso, abdomen, spine, limbs

<i>Evaluate:</i>

Determine the appropriate method of treatment.
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<i>Act:</i>

Treat the person accordingly.

Measures:

- Ensure own safety.
- Follow basic algorithm
- Determine if a possible trauma occurred (fall, crash, crushing...).
- If the person is conscious, examine injury (look for obvious injuries, no full body check)
- If needed: Call emergency services!
- Do not unnecessarily change the position of the injured person
- Do not move the injured part unnecessarily
- Immobilisation – Maintain / help to maintain any unnatural positions of the injured body part (e.g. in case of fracture)
- Basic psychological care

- Protect against heat loss
- Treat injury appropriately according to type.

Recognise thermic disorders and treat them

Learning results

Recognise:

Know the possibility of critical thermic disorders, distinguishing hypo- & hyperthermia.

Understand the influence of thermic disorders on the human body.

Evaluate:

Determine the appropriate treatment depending on kind of thermic disorder

Act:

Support the re-establishment of normal core body temperature.

Measures

- Identify signs, including altered state of consciousness.
- Check skin temperature.
- Consider duration and intensity (temperature) of exposure.
- Call emergency services!
- Shelter from exposure (Seek shade or cover with blanket, depending on type of thermic disorder).
- Hyperthermia: Cool the person down with water (cold to room temperature). Ideally lower them into a tub or pool. If not available spray them with water.

Recognise and treat poisoning

Learning results:

Recognise:

Recognise possible poisoning.

Evaluate:

Check vital signs to determine whether it is critical.

Act:

Administer basic life support (see corresponding chapters)

Measures:

- Ensure own safety!
- Call emergency services!
- Basic life support (see corresponding chapters).

Get the person into the recovery position

Learning results:

Recognise/Evaluate:

Determine that a person is unconscious and breathing normally.

Act:

Be able to decide if a recovery position has to be established and, if so, place the unconscious person into the recovery position.

Measures:

- *Ensure own safety!*
- *Check vital signs*
- *Perceives unconsciousness*
- *Applies the recovery position*
- *Call emergency services*
- *Protects against heat loss*

Apply CPR

Learning results:

Recognise:

Recognise an unresponsive/unconsciousness person.

Evaluate:

Determine/check non-normal breathing, cardiac arrest.

Act:

Perform CPR - if possible with AED.

Measures:

Perform CPR according to the current ERC guidelines.

Overview:

- *Ensure own safety!*
- *Check Consciousness*
- *Turn person on their back and place them on a hard surface*
- *Open the airway (turn the head back, lift the chin)*
- *Check Breathing (no more than 10 seconds. See, hear, feel) no normal breathing*
- *Call emergency services, follow the operator's queries and instructions.*
- *Command someone to get the nearest AED*
- *Undress the Chest*
- *Place Hands (in the middle of the Chest)*
- **Start CPR (30x heart compressions 2x donate breath) Push hard and fast (100-120bpm, 5-6cm deep) donate breath two times Mouth to Mouth.**
- *Don't Stop CPR until Medical Service will arrive or the person starts normal breathing.*

Use an automated external defibrillator (AED)

Learning results:

<i>Recognise:</i> Recognise an unresponsive/unconsciousness person.
<i>Evaluate:</i> Determine/check (un)normal breathing, cardiac arrest.
<i>Act:</i> Do CPR with AED.

Measures:

Perform CPR with AED according to the current ERC guidelines.

Overview:

- **AED not directly available:**
 - *Ensure own safety*
 - *Check Consciousness*
 - *Turn person on their back and place them on a hard surface*
 - *Open the airway (turn the head back, lift the chin)*
 - *Check Breathing (no more than 10 seconds. See, hear, feel) no normal breathing*
 - *Call emergency services, follow the operator's queries and instructions.*
 - **Command someone** to bring an AED. (Do not leave the patient to get one yourself)
 - *Undress the Chest*

- Place Hands (in the middle of the Chest)
 - **Start CPR (30x heart compressions 2x donate breath)** Push hard and fast (*100-120bpm, 5-6cm deep*) donate breath two times Mouth to Mouth.
 - When AED arrives, continue CPR. The second Helper will handle the AED:
 - Switch on AED
 - Place Patches on the Chest
 - Follow the instructions of the AED
 - Don't Stop CPR until Medical Service will arrive or the person starts normal breathing.
- AED directly available:
 - Ensure own Safety
 - Check Consciousness
 - *Turn person on their back and place them on a hard surface*
 - *Open the airway (turn the head back, lift the chin)*
 - *Check Breathing (no more than 10 seconds. See, hear, feel) no normal breathing*
 - *Call emergency services, follow the operator's queries and instructions.*
 - **Command someone** to use the AED
 - The second Helper handles the AED (simultaneously):
 - Switch on AED
 - Place Patches on the Chest
 - Follow the instructions of the AED
 - Place Hands (in the middle of the Chest)
 - **Start CPR (30x heart compressions 2x donate breath)** Push hard and fast (*100-120bpm, 5-6cm deep*) donate breath two times Mouth to Mouth.
 - Don't Stop CPR until Medical Service will arrive or the person starts normal breathing.

Take off a helmet

Learning results:

<p><i>Recognise:</i> Know the particular dangers of someone in an emergency situation wearing a helmet.</p>
<p><i>Evaluate:</i> Determine consciousness, calm / unconsciousness or panic, vomit, blood inside the helmet</p>
<p><i>Act:</i> Remove/don't remove helmet according to evaluation</p>

Measures:

- Ensure own safety
- Check consciousness!
- Call emergency services!
- Consciousness: only remove the helmet if the person starts to panic, to vomit or is bleeding under the helmet.
- Unconsciousness: remove the helmet and ensure free airway (recovery position/eschmark)
- Basic psychological care.

Recognise neurological signs and know how to act in case of strokes and seizures

Learning results:

<p><i>Recognise:</i> Know how to recognize neurological signs.</p>
<p><i>Evaluate:</i> Check vital signs. Recognize stroke as a high-risk emergency. (F.A.S.T.)</p>
<p><i>Act:</i> Be able to provide assistance according to type of neurological symptom, basic psychological care.</p>

Measures:

- Identify neurological signs
- Call emergency services (as soon as possible, particularly in case of a stroke)
- Basic psychological care
- Stroke, determined by F.A.S.T. test: Perform basic life support if needed
- Seizure: Prevent person from accidentally injuring themselves, don't hold the person down

Recognise irregular breathing and be able to act in case of airway obstructions (and asthma bronchiale)

Learning results:

<p><i>Recognise:</i> Recognise irregular breathing/Breathing distress</p> <ol style="list-style-type: none">1. Airway obstructions2. General breathing distress
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<i>Evaluate:</i> Determine if it is an airway obstructions or general breathing distress.
<i>Act (Airway obstruction):</i> Remove the object removal by the following measures: Coughing, back blows, Heimlich maneuver.

Measures:

- Airway obstructions
 - Instruct the person to cough strongly, alternate between 5 blows on the back, and 5 attempts of Heimlich maneuver, until the foreign body is released or the person collapses. If the person becomes unconscious: Call emergency services and start CPR.
- General breathing distress:
 - Try to calm the person down, ensure fresh air and loosen tight clothing, support a beneficial posture, support in letting them take their own medication, call emergency services early

Recognise irregularities in circulation and be able to act in case of heart attacks and electricity accidents

Learning results:

<i>Recognise:</i> Know how to recognize irregularities in circulation and heart attack signs.
<i>Evaluate:</i> Check vital signs and recognize heart attacks as a high-risk emergency.
<i>Act:</i> Be able to give assistance according to heart attacks and electricity accidents.

Measures:

- Ensure your own safety.
- For heart attacks:

- Instruct the person to stay calm in chair, do not move, open window for fresh air, loosen any tight clothing
- Call emergency services
- If first aid guidelines permit, or instructed by the emergency dispatcher - and it is available: give an aspirin.
- For electricity accidents:
 - Call emergency services!
 - Unplug the appliance or turn off the power at the control panel.
 - Basic life support.