

Maghull & Lydiate U3A First Aid Document

At some point we may all as Group Leaders have to deal with an injury that has occurred during one of our group sessions and we need to be prepared for this. First Aid, once under the auspices of the Health & Safety Act 1999 from 2013 is to a certain point now managed by individuals. The current advice is that:

1. Basic First Aid Skill is all that is required. That covers the ability to identify the seriousness of an injury or event. If it is deemed serious the Leader should call 999 and ask for assistance. For this reason as part of all risk assessments it is imperative that the Leader checks that their mobile phone is fully charged as there might not always be a telephone available.
2. Any minor injuries should be dealt with accordingly - bruises by applying a cold compress, cuts with a plaster once the patient's consent has been given.
3. A basic First Aid Kit should be available. This is the recommended kit as suggested by St John Ambulance Brigade:

First Aid In An Emergency Booklet - Single 1
Wash proof Low Allergy Plasters Assorted (Pk 10)
St John Ambulance no.16 eye pad first aid dressing - sterile
St John Ambulance disposable triangular bandage, 90 x 90 x 130cm - non-sterile
St John Ambulance medium first aid dressing, 12 x 12cm - sterile
HSE SJA Branded 18cm x 18cm - sterile
Sterile cleansing wipe-single
St John Ambulance nitrile powder-free gloves - pair
Eye Wash Phials 20ml - Single
St John Ambulance Face Shield - Single
Microporous tape, 1.25cm x 10m - single
Burnshield® Burn Blott sachet, 3.5ml - single
Green plastic splinter remover

A smaller and more easily managed kit should be carried on outings. No item of First Aid must not be used without the patient's consent. No medicine, especially that belonging to another member should be given.

4. *A Risk Assessment should always be carried out especially where the activity carries a greater risk factor than usual. Some should already be covered; for example by the organisation that owns the various buildings we use. Other Leaders will have to use their own judgement to assess any likely risks:*

- *accessibility of the premises, are there adequate handrails, ramps if needed*
- *floor coverings such as rugs and lose boards can be hazardous and can cause tripping*
- *transport must be hired from a reputable company*
- *electrical equipment must be PAT tested to ensure it is safe to use*
- *use and handling of tools should be clearly explained*
- *ensure that a plan of action has been thought out should an accident occur*
- *complete an accident form if an incident has occurred*

5. We do not want our Leaders to become too worried by this. we can only manage risks we cannot prevent them. If a reasonable Risk Assessment has been carried out we are covered.