



SIMPLE TIPS TO SELF-ASSESS YOUR HEALTH & SAFETY RESPONSIBILITIES & COMPLIANCE

First Aid

1) An Outline of the employer's responsibilities

The Health & Safety (First Aid at Work Regulations 1981) requires all employers and the self employed to provide first aid facilities for staff that become ill or injured at work. The First Aid at Work code of practice guides employers as to the level of cover they should provide. This can range from an "appointed person" to a "qualified first aider" or a first aider with "extended skills" such as oxygen administration or the use of a defibrillator to restart a stopped heart. Although there is no statutory duty to provide first aid for non employees in the increasing world of litigation it may be argued that a common law duty of care existed. It should also be noted that ever increasing numbers of people are having their lives saved due to increases in the levels of pre hospital care. First aid has a major contribution to make to this. More information is available from our fact sheet. If you are not sure how you are doing call us for a free consultation.

2) Self -assess your application of good practice and compliance

A simple 10 point check list:

- 1) Are you aware that every employer, even those with less than five employees must make first aid provision for employees who become ill or injured at work as required under the Health & Safety (Provision of First aid at Work) Regulations 1981
- 2) Are you aware that the HSE state they will prosecute those that do not comply?
- 3) Are you aware that although no statutory duty exists for providing cover for those not employed they now strongly recommend providing cover for others in your workplace?
- 4) Did you realise that you are statistically more likely to apply your first aid skills to a colleague or member of your family?
- 5) Are you aware that as a minimum all employers are required to have an 'appointed person' readily available at all times in the workplace and that the HSE recommend that they receive training
- 6) If your risk assessment requires you to have a 'qualified first aider' they must receive training from an HSE first aid at work training provider
- 7) Do you want your staff to receive training by a team of professionals with years of experience in ambulance or nursing backgrounds who have dealt with thousands of real life incidents
- 8) Do you want a company that can also offer e learning to maintain knowledge and skills
- 9) Do you want a company that will automatically alert you to changes in best practice
- 10) Do you want a company that can also offer extended skills training for staff who need to manage unusual incidents



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3). Basic Information

First aid can save lives and prevent minor injuries becoming major. In plain English The Health & Safety (First Aid) regulations of 1981 places a duty on employers and the staff employed to provide first aid facilities for employers/themselves.

The duty does not extend to non employees although in practice this routinely happens. Full details of the requirements can be found at www.hse.gov.uk First Aid is now more important than even 20 years ago.

The 999 services have demanding targets to respond to victims of accident or sudden illness and the introduction of defibrillation (machines that give electric shocks to restart the heart) along with specially trained people means that ever increasing numbers of people are having their lives saved.

However unless a trained person is readily available to perform life saving techniques, the chances of survival diminish hugely. The first aid at work regulations 1981 require employers to provide first aid based on risk assessment as follows:

Category of risk	Numbers employed at any location	Suggested number of first-aid personnel
Lower risk Eg shops, offices, libraries	Fewer than 50	At least one appointed person
	50-100	At least one first aider
	More than 100	One additional first aider for every 100 employed
Medium risk Eg light engineering and assembly work, food processing, warehousing	Fewer than 20	At least one appointed person
	20-100	At least one first aider for every 50 employed (or part thereof)
	More than 100	One additional first aider for every 100 employed
Higher risk Eg most construction, slaughterhouse, chemical manufacture, extensive work with dangerous machinery or sharp instruments	Fewer than 5	At least one appointed person
	5-50	At least one first aider
	More than 50	One additional first aider for every 50 employed
	Where there are hazards for which additional first-aid skills are necessary	In addition, at least one first aider trained in the specific emergency action

4). How Solutions Training can help

1. Solutions provide the full range of first aid training services and will be happy to provide guidance on the level of cover and type of training your staff require.
2. The training team is unique as only NHS qualified paramedic and nurse tutors deliver the training.
3. The company does not, unlike other training providers, use lay trainers. In May 2006 a shop manager who attended a half day emergency first aid course with Solutions performed cardio pulmonary resuscitation on a heart attack victim, who was then successfully resuscitated by paramedics.



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4. Note you are most likely to use your skills on a family member, friend or colleague whose life may be saved by simple effective measures.
5. Do you need to know what level of cover to provide? If so download our fact sheet?
6. Do you want to have that training provided by the only UK training provider who only uses staff who have trained and qualified as either NHS paramedic or nurse tutors and does not use lay trainers who may gain their qualifications after just a few days of training?
7. Do you want that company to be approved by the Health & Safety Executive?
8. Do you want training to be provided on any day of the week, at any time with no extra costs?
9. Do you want your staff to have the reassurance of a telephone post incident de brief line as part of the training package?
10. Do you want your staff to receive automatic alerts to changes in first aid practice?