

# Lesson Outline

## 3.12



### Basic First Aid

#### Lesson at a Glance

##### Aim

To provide standardized training to all non-medical personnel on the principles of First Aid and Medical Incident Response in the field.

##### Relevance

- Timely medical emergency response is important for survival and includes immediate First Aid
- First Aid is applicable to our everyday life

**First Aid is essential knowledge for everyday life.** It will help you respond to medical incidents at home, work and travel.

This lesson is for all non-medical staff.

##### Learning Outcomes

Learners will:

- Define Basic First Aid
- Explain the actions to take as the first responder to a medical emergency
- Describe key First Aid responses

## Lesson Map

<b>The Lesson</b>	<b>Pages 3-11</b>
Starting the Lesson	Intro Slides
What is Basic First Aid?	Slide 1
The Chain of Survival	Slide 2
If You are the First to Respond to a Medical Emergency Incident...	Slide 3
Actions Before First Aid Response	Slides 4-7
Key First Aid Responses	Slide 8

## The Lesson



### Lesson Outline

This lesson outline seeks to provide guidance to course directors and instructors on how to develop sessions related to Basic First Aid. This is a safety and security issue in UN peacekeeping.

Training on Basic First Aid must be delivered by a certified professional, as a practical exercise, and with an extended amount of time. The lesson should be tailored to the types of participants, available training facilities and equipment, mission-specific information and additional national requirements on safety and security training which may exceed UN standards.

This lesson outline guides instructors on the UN key messages related to Basic First Aid which should be taken into account when developing sessions. Instructors should design sessions which inform all participants about the risks to their safety and security and tools to mitigate those risks.

Basic First Aid training is mandatory for pre-deployment training of all Troop and Police Contributing Countries. Personnel should acquire basic First Aid knowledge and skills before deployment. Note that special training is required for CPR and the Heimlich manoeuvre.

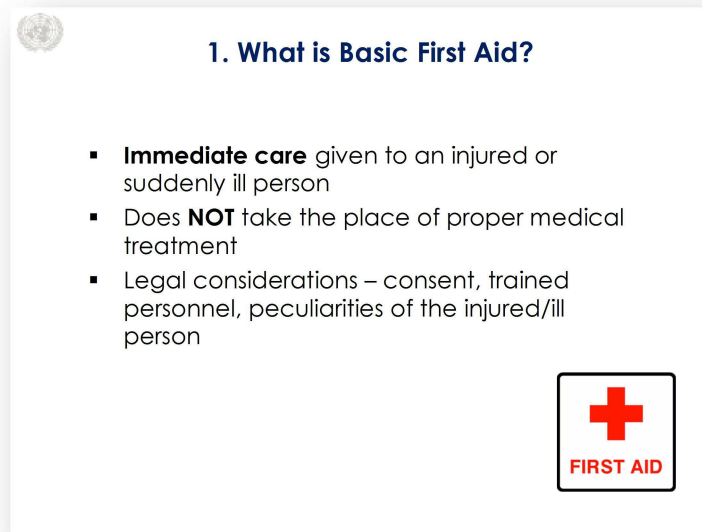
The Basic and Advanced Security in the Field (B/ASITF) on-line course contains content on Health. Specific UN personnel (such as civilians and individually deployed military and police officers, and recommended for contingent and FPU commanders) are obligated to complete the B/ASITF on-line course before arrival in the mission.

## Basic First Aid



*Note that it is preferable to have professional training on Basic First Aid, with certification. This lesson outline serves as a brief on key introductory elements.*

### Slide 1



### Key Message: First Aid:

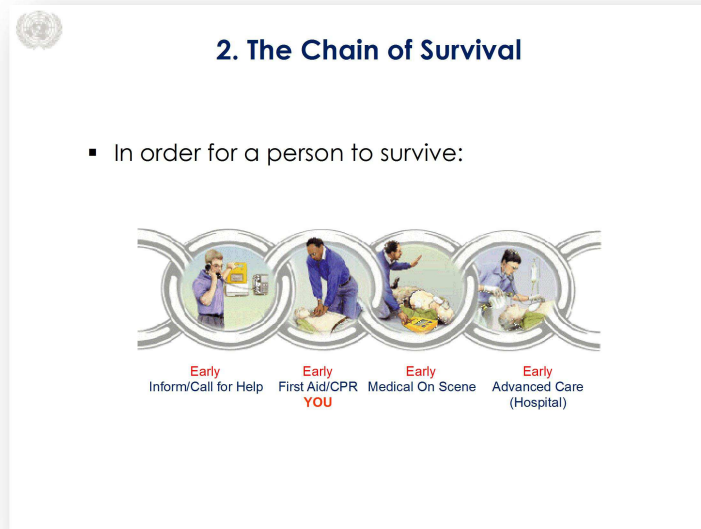
- Is the **immediate care** given to an injured or suddenly ill person
- Does **NOT** take the place of proper medical treatment

### There are legal considerations in giving First Aid:

- **Implied consent** to life-saving help of an unresponsive victim in a life-threatening condition
- Only perform First Aid where you have the training
- Consider cultural and religious beliefs of an injured or ill person

## The Chain of Survival

### Slide 2



**Key Message:** First Aid is important for survival. You have an important role to play in a medical emergency. Immediate First Aid can be provided by the nearest person on-site.

Whether or not you are on duty, you may be confronted by a medical emergency. This may be an accident or illness.

## First One to Respond to a Medical Emergency

### Slide 3



### 3. If You are the First to Respond to a Medical Emergency Incident...

- Remain calm, do not panic
- Assess situation
- First Aid – permission, implied consent
- Call for help
- Stabilize situation



**Key Message:** You may be the first person to respond to a medical emergency. You can help with Basic First Aid.

If you are the first to respond to a medical emergency incident:

- Assess the situation
- If you know Basic First Aid you can help
- Ask for permission to help if possible unless the person is unconscious, then use “implied consent”
- Call for help when necessary
- Stabilize the situation before help arrives
- Try to remain calm and do not panic

## Actions before First Aid Response


### Slide 4



**Key Message:** Actions to take before you respond with First Aid include:


- Scene survey
- Initial assessment
- Victim assessment

Slide 5



### Scene Survey

- Hazards
- Cause
- Number of victims



**Key Message:** It is important to determine what kind of emergency situation you are dealing with for the safety of yourself, victim(s) and others.

When confronted with an accident or illness, survey the scene. Assess the situation. What are you dealing with? Consider everyone's safety.

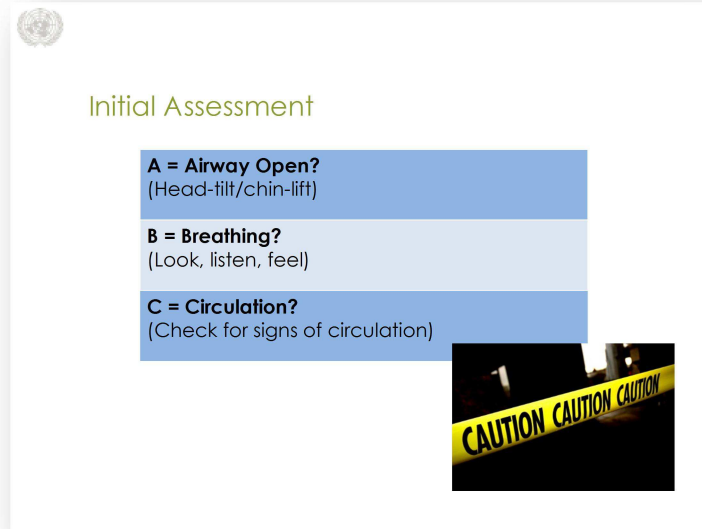
Do a quick survey of the scene, looking for three elements:

- **Hazards** dangerous to you, the victim or bystanders
- **Cause** of injury or illness
- **The number of victims**

**This survey should only take a few seconds.**



**Slide 6**



The slide features a small UN emblem in the top left corner. The title "Initial Assessment" is centered at the top in a green font. Below it, three blue rectangular boxes are stacked vertically, each containing a step of the ABC assessment: "A = Airway Open? (Head-tilt/chin-lift)", "B = Breathing? (Look, listen, feel)", and "C = Circulation? (Check for signs of circulation)". In the bottom right corner, there is a photograph of yellow caution tape with the word "CAUTION" repeated in black letters.

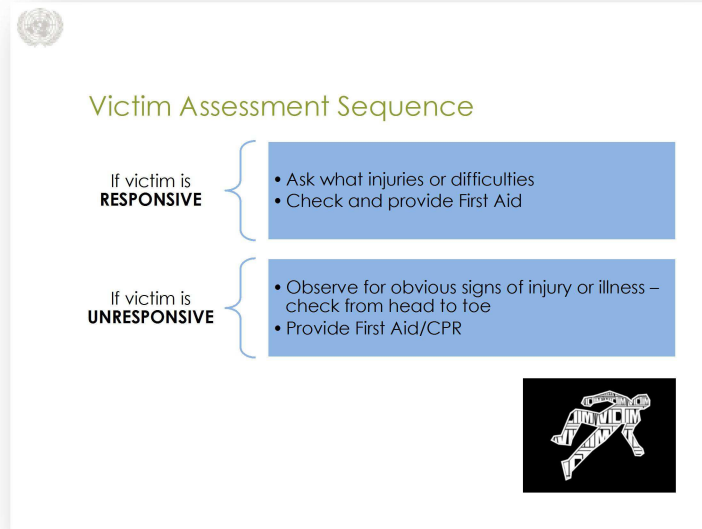
**Key Message:** The step-by-step initial assessment takes less than a minute to complete, unless the person needs first aid. No one should change it.

Visually determine whether there are life threatening or other serious problems that require quick care.

Determine if victim is conscious - by tap and shout. Check for ABC as indicated:

- A** = Airway Open? (Head-tilt/Chin-lift)
- B** = Breathing? (Look, listen, and feel)
- C** = Circulation? (Check for signs of circulation)

Slide 7



**Key Message:** The approach to Victim Assessment will be different if the victim is:

- Responsive
- Unresponsive

**If victim is RESPONSIVE:**


- Ask what injuries or difficulties they are experiencing
- Check and provide First Aid for these complaints as well as others that may be involved

**If victim is UNRESPONSIVE (unconscious or incoherent):**

- Observe for obvious signs of injury or illness – check from head to toe
- Provide First Aid/CPR for injuries or illness observed every step of the way

## Key First Aid Responses

### Slide 8



**5. Key First Aid Responses**

First Aid Responses to...	Bleeding	Shock	Burns
Choking	Fractures and dislocation	Heart attack	Wounds
Amputation	Spinal injuries	Stroke	Bites and stings

**Key Message:** You are able to respond with First Aid after:

- Scene survey
- Initial assessment
- Victim assessment

You can respond with First Aid to these medical emergencies:

- Bleeding
- Shock
- Burns
- Choking
- Fractures and dislocation
- Heart attack
- Wounds
- Amputation
- Spinal injuries
- Stroke
- Bites and stings



*Continue from here with the professional training on Basic First Aid from a certified professional.*

## Reference Materials

Below are materials which are a) referenced in this lesson, and b) required reading for instructor preparations:

- [Charter of the United Nations, 1945](#)
- [United Nations Peacekeeping Operations Principles and Guidelines, also known as the Capstone Doctrine, 2008](#)
- [Manual on Policies and Procedures Concerning Reimbursement and Control of Contingent-Owned Equipment of Troop/Police Contributors Participating in Peacekeeping Missions, also known as the Capstone Doctrine \(A/C.5/69/18\)](#)
- [United Nations Field Security Handbook, January 2006](#)
- [United Nations Basic Security in the Field: Staff Safety, Health and Welfare \(ST/SGB/2003/19\), 9 December 2003](#)
- [DPKO-DFS Medical Support Manual for UN Field Missions, 2015](#)
- [International Federation of Red Cross and Red Crescent Societies, International First Aid and Resuscitation Guidelines, 2016](#)

## Additional Resources

### UN Information

The website for UN peacekeeping: <http://www.un.org/en/peacekeeping/>

### UN Documents

UN documents can be found on: <http://www.un.org/en/documents/index.html> (Search by document symbol, e.g. A/63/100)

### DPKO and DFS Guidance

The repository for all official DPKO and DFS guidance is the Policy and Practice Database: <http://ppdb.un.org> (only accessible from the UN network). Official peacekeeping guidance documents are also accessible through the Peacekeeping Resource Hub: <http://research.un.org/en/peacekeeping-community>

Instructors are encouraged to check for the latest guidance.

### UN Films

UN films can be found on YouTube: <https://www.youtube.com/user/unitednations>

### **Additional Information**

Trainers should let participants know that in addition to the Mission-specific information received during this training, participants should also familiarize themselves with the Pre-deployment Information Package (PIP). The PIP provides information on the mission and the local context.

### **Additional Training Resources**

UN mandatory training includes Basic and Advanced Security in the Field (B/ASITF) online Course:

<https://dss.un.org>

The training can also be accessed on Inspira:

<http://inspira.un.org>

Where Peacekeeping Training Institutes do not have sufficient IT facilities, it is sufficient that eligible personnel are informed of their obligation to complete B/ASITF *upon arrival in the mission*.