

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

The Lesson	Pages 3-11
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.

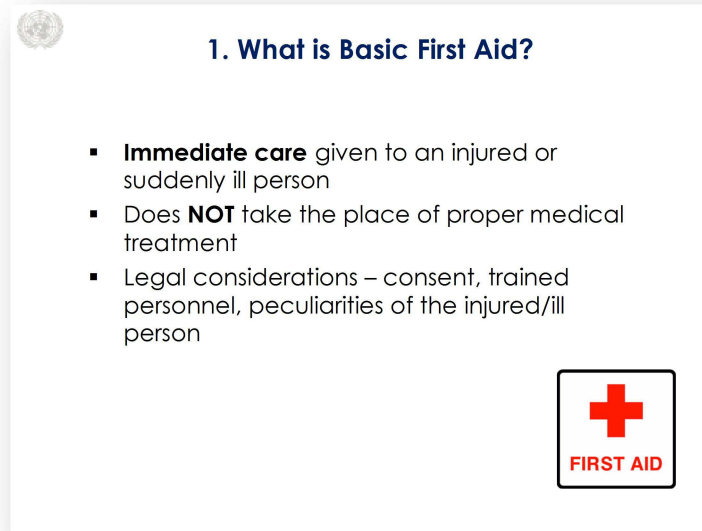
The Basic and Advanced Security in the Field (B/ASITF) on-line course contains content on Health. Specific UN personnel (such as civilians and individually deployed military and police officers, and recommended for contingent and FPU commanders) are obligated to complete the B/ASITF on-line course before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

A white rectangular slide with a thin grey border. In the top left corner, there is a small circular logo of the United Nations. The title '1. What is Basic First Aid?' is centered at the top in a bold, dark blue font. Below the title is a bulleted list with three items. The first item is 'Immediate care' given to an injured or suddenly ill person. The second item states it does NOT take the place of proper medical treatment. The third item lists legal considerations: consent, trained personnel, and peculiarities of the injured/ill person. In the bottom right corner, there is a red cross symbol inside a black-bordered square, with the words 'FIRST AID' written in red capital letters below the cross.

1. What is Basic First Aid?

- **Immediate care** given to an injured or suddenly ill person
- Does **NOT** take the place of proper medical treatment
- Legal considerations – consent, trained personnel, peculiarities of the injured/ill person



Key Message: First Aid:

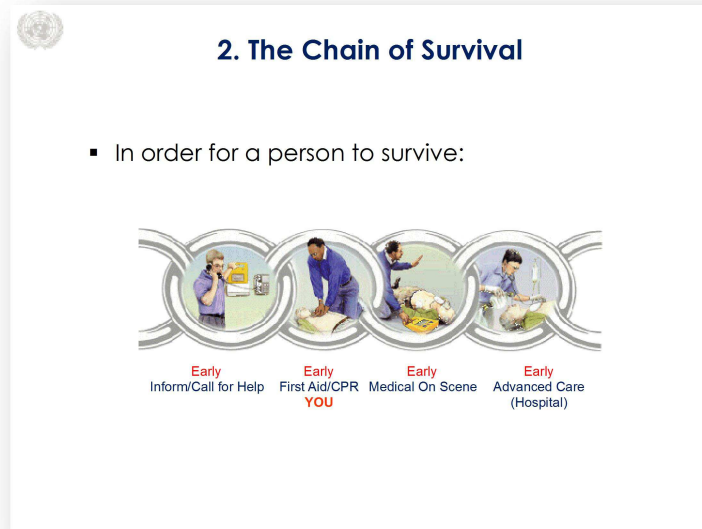
- Is the **immediate care** given to an injured or suddenly ill person
- Does **NOT** take the place of proper medical treatment

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

A presentation slide with a white background and a grey border. In the top left corner, there is a small circular logo. The main title is "3. If You are the First to Respond to a Medical Emergency Incident..." in bold blue text. Below the title is a bulleted list of five items: "Remain calm, do not panic", "Assess situation", "First Aid – permission, implied consent", "Call for help", and "Stabilize situation". In the bottom right corner, there is a red and white logo that says "HELP EMERGENCY".

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

HELP
EMERGENCY

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

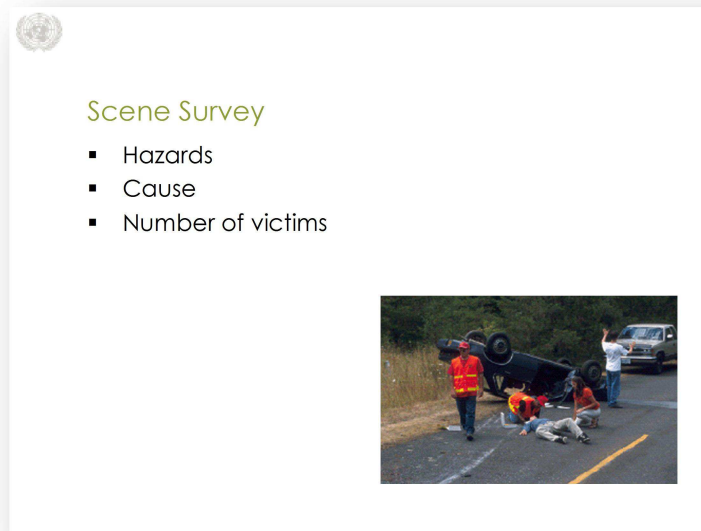
Slide 4



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

- Scene survey
- Initial assessment
- Victim assessment

Slide 5



The slide features a small circular logo in the top left corner. The title 'Scene Survey' is in a green font. Below it is a bulleted list with three items: 'Hazards', 'Cause', and 'Number of victims'. To the right of the text is a photograph showing a car accident scene on a road. A dark-colored car is overturned on its side. Several people, some wearing orange safety vests, are gathered around the scene. A white van is parked in the background.

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.

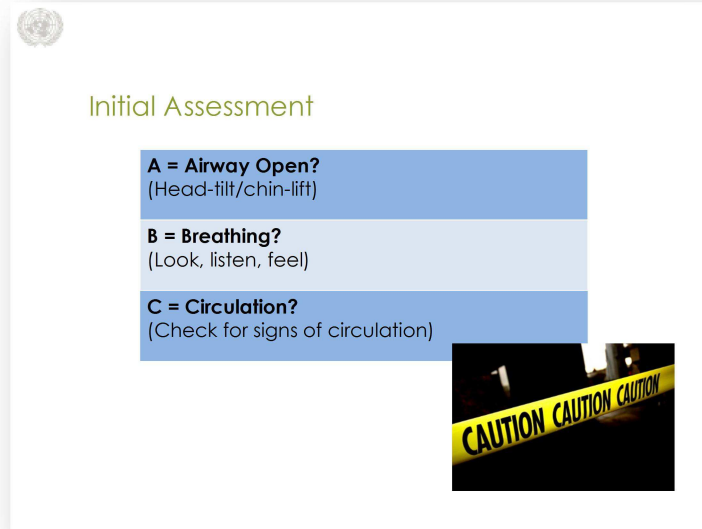
When confronted with an accident or illness, survey the scene. Assess the situation. What are you dealing with? Consider everyone's safety.

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 is titled "Initial Assessment" and lists three steps: A = Airway Open? (Head-tilt/chin-lift), B = Breathing? (Look, listen, feel), and C = Circulation? (Check for signs of circulation). A small image of yellow caution tape is in the bottom right corner.

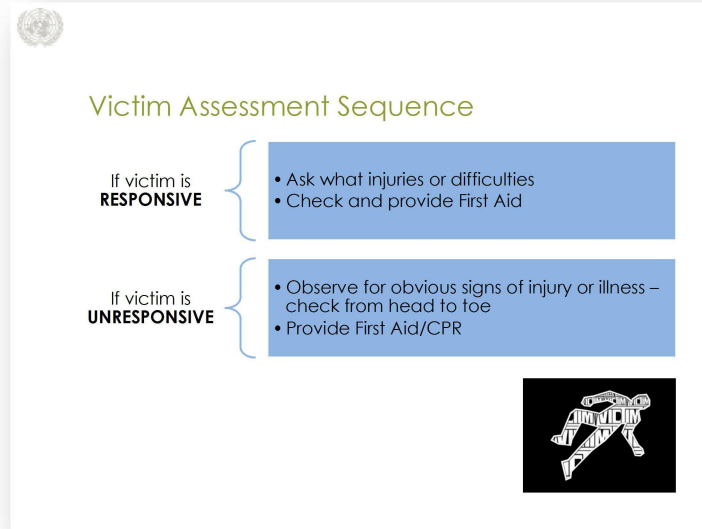
Key Message: The step-by-step initial assessment takes less than a minute to complete, unless the person needs first aid. No one should change it.

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:

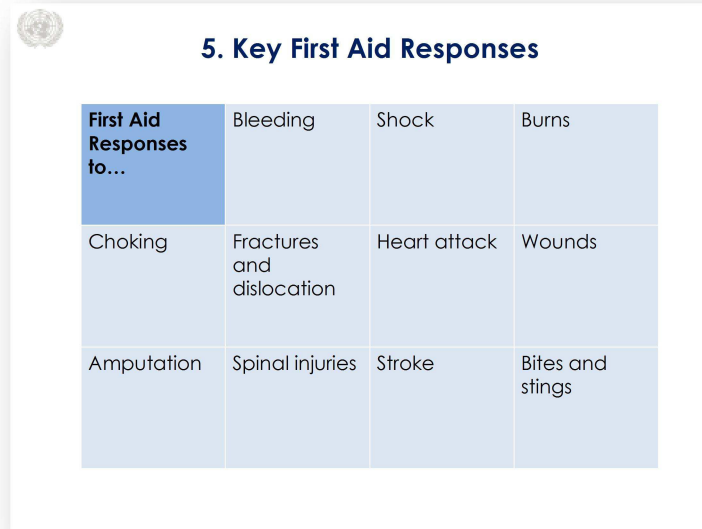
- Ask what injuries or difficulties they are experiencing
- Check and provide First Aid for these complaints as well as others that may be involved

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



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*.

Module 3: Individual Peacekeeping Personnel

Lesson 3.12



Basic First Aid in the Field



Relevance

- Timely medical emergency response important for survival
- First Aid is applicable to everyday life



Learning Outcomes

Learners will:

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



Lesson Overview

1. Basic First Aid
2. The Chain of Survival
3. First One to Respond to a Medical Emergency
4. Actions Before First Aid Response
5. Key First Aid Responses



1. What is Basic First Aid?

- **Immediate care** given to an injured or suddenly ill person
- Does **NOT** take the place of proper medical treatment
- Legal considerations – consent, trained personnel, peculiarities of the injured/ill person





2. The Chain of Survival

- In order for a person to survive:



Early
Inform/Call for Help

Early
First Aid/CPR
YOU

Early
Medical On Scene

Early
Advanced Care
(Hospital)



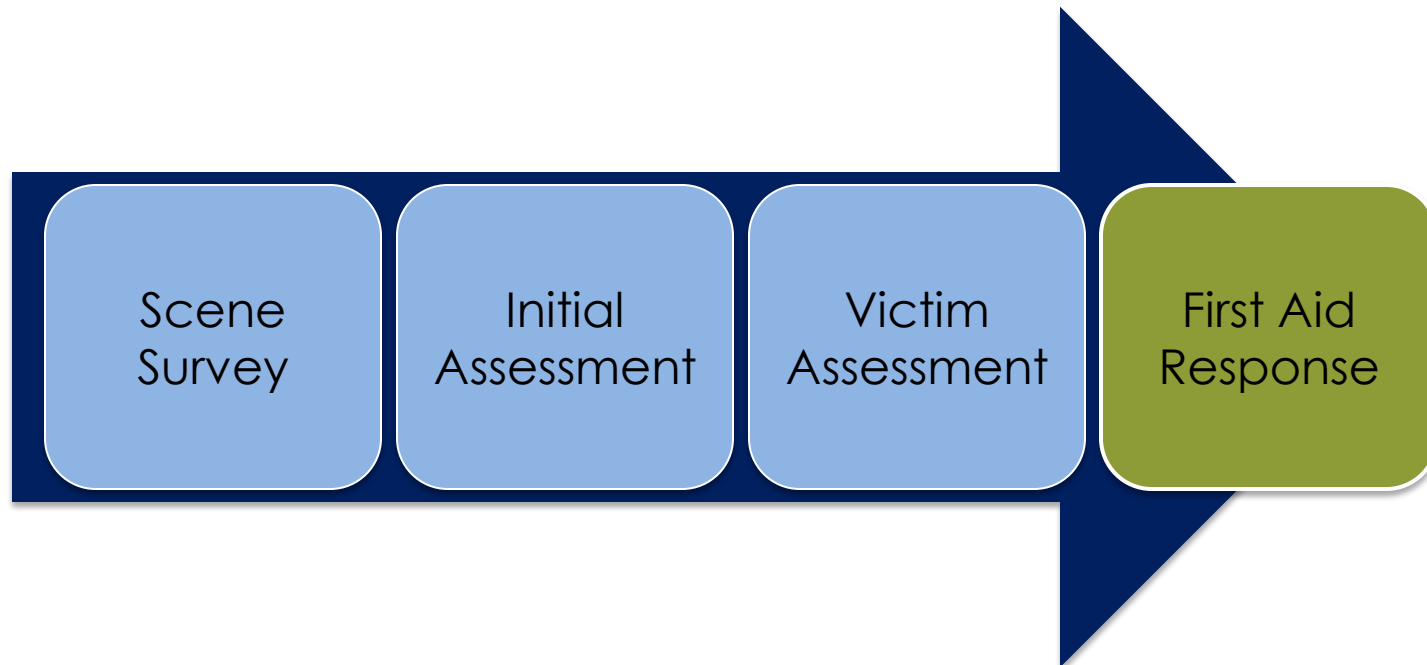
3. If You are the First to Respond to a Medical Emergency Incident...

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





4. Actions Before First Aid Response





Scene Survey

- Hazards
- Cause
- Number of victims





Initial Assessment

A = Airway Open?
(Head-tilt/chin-lift)

B = Breathing?
(Look, listen, feel)

C = Circulation?
(Check for signs of circulation)





Victim Assessment Sequence

If victim is
RESPONSIVE

- Ask what injuries or difficulties
- Check and provide First Aid

If victim is
UNRESPONSIVE

- Observe for obvious signs of injury or illness – check from head to toe
- Provide First Aid/CPR





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



Summary of Key Messages

- First Aid
- Actions to take as first responder to a medical emergency
- Key First Aid responses



Questions



Learning Activity

Learning Evaluation