

ACTION: Call an ambulance, make sure they are in a comfortable position and give them constant reassurance while waiting for the emergency services to arrive.

LEGAL ISSUES

Members are sometimes concerned about the legal implications of getting involved with performing first aid. The British Red Cross advises that 'where someone is acting in good faith to help save someone's life there is very little risk of them being sued for doing that'. In addition, the Social Action, Responsibility and Heroism Bill has been designed to address those concerns. It ensures that if something goes wrong when people are acting for the benefit of society or intervening to help someone in an emergency, the courts will take into account the context of their actions in the event they are sued.⁹

PORTABLE GUIDES

St John's Ambulance produces a pocket paper guide to essential first aid. You can order your free copy on their website:

<https://www.sja.org.uk/sja/support-us/the-difference/get-a-free-first-aid-guide.aspx>

The Red Cross and St John's Ambulance provide apps for mobile phones with first aid tips:

<http://www.redcross.org.uk/en/What-we-do/First-aid/Mobile-app>

<http://www.sja.org.uk/sja/support-us/the-difference/helpless/mobile-phone-app.aspx>

The British Heart Foundation offers an app to guide you through performing CPR:

<https://www.bhf.org.uk/heart-health/nation-of-lifesavers/hands-only-cpr/cpr-app>

⁹ https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/318839/sarah-bill-fact-sheet.pdf