

Aiming towards quality

International first aid, resuscitation, and education guidelines



Ready-to-use advocacy paper for your exchanges with your Government

a) Background

The Movement views first aid as one of the greatest humanitarian acts for which first aid education has an integral part in building personal and communal resilience. As such, it is the duty of the Movement to advocate for and provide effective first aid education that is of the highest quality, affordable, and accessible to everyone.

Implementation of the Guidelines differs from country to country due to differences in local legislation and regulation. However, it is necessary that National Societies advocate high quality standards in first aid. This paper outlines advocacy messages **to help National Societies consult with governments and decision makers on the standards used for first aid and first aid education.**

b) Advocate that your government recognizes the Guidelines as an authorised source of first aid recommendations

For over 150 years, the Red Cross and Red Crescent Movement has been the world leading provider in first aid. Drawing on our extensive experience, we are helping to shape the world's understanding of the need for and approach to first aid and education. All our **192 Red Cross and Red Crescent National Societies** around the world currently provide first aid education and services.

Red Cross and Red Crescent Societies in every region of the globe equip people with knowledge, skills, and confidence to give first aid care. First aid seeks to preserve life, alleviate suffering, prevent further illness or injury and promote recovery. Collectively, every year, we reach more than **23 million people** with first aid training by more than **180,000 active trainers**, making first aid accessible for all.

Experts from all over the world collaborate to develop the International first aid, resuscitation, and education guidelines drawing on the resources of the Global First Aid Reference Centre, the Centre for Evidence Based-Practice, the ICRC, as well as National Societies. This includes contributors from the fields of medicine, education, emergency response and research, with a common goal of increasing the harmonisation and quality of first aid practice. These guidelines form the foundation of all first aid practice by the Red Cross and Red Crescent Movement. They are regularly reviewed and report on the available evidence from published research, as well as insight from the experts in the field and they are in accordance with the latest evidence-based international standards.

Moreover, it is very important to recognize **the importance of the Guidelines**. They are used to establish training standards and furthermore to develop advanced procedures and guidelines for upcoming years. Standards in first aid are very important – indeed, they can be life-critical. Especially when a disaster strikes, international first aid teams can easily adapt to different environments with the help of a National Society. These Guidelines can also be used as **a benchmark to easily monitor and evaluate local practice** and with the collaboration of important stakeholders, and consequently effective first aid becomes more effective worldwide. The guidelines also serve as an important tool for personal and professional development of first aid programme managers and their advisory bodies and first aid trainers.

The Red Cross and Red Crescent Movement is constantly driving towards quality first aid education and services. Based on extensive experience, international experts have developed a continuous improvement process named [International First Aid Attestation](#). Its focus is to recognize that a first aid training provided by a National Red Cross and Red Crescent Societies is consistent with the latest Guidelines.

c) Development of future advocacy messages to help National Societies consult with governments and decision makers

Based on our duty to advocate for and provide effective first aid education we have identified the need to develop future advocacy messages which can help National Societies consult with governments and decision makers on standards used for first aid and first aid education.

Advocacy messages will be published on the [Global First Aid Reference Centre platform](#) and updated regarding the latest evidence from published research. In development are advocacy messages as follows:

Advocate first aid is taught in schools as part of the curriculum

The International Federation of the Red Cross Red Crescent advocates that first aid is an integral part of the educational curricula, starting in kindergarten and continuing in primary and secondary schools, through to learning opportunities in adulthood (such as when learning to drive or in the workplace). The process of including first aid in school should be recognized and supported by national governments. Children are ambassadors of the first aid in their local environment. Encouraging them to approach and give the first aid is a first step in achieving a safer environment and resilience for all citizens.

The Guidelines represent a support to develop quality and relevant first aid courses for different target groups.

- *Advocate that first aid is effective and accessible (and affordable) to all*
- *Advocate first aid education for the workplace as central to health and safety needs and requirements*
- *Advocate that first aid education is a requirement for those who drive a car*
- *Advocate accessible (and affordable) emergency health services available to all*
- *Advocate for long-life learning through refresher courses and tools (First aid app...)*
- *Advocate for the legal protection of people providing first aid in good faith (good Samaritan law)*
- *Advocate that community members most likely to encounter life-threatening emergencies (police, firefighters, lifesavers, public officials) are trained in first aid*
- *Advocate for public access defibrillators including availability in private organisations such as schools or workplaces*
- *Advocate that public access defibrillators have clear signage and are placed in highly visible locations*
- *Advocate for dedicated support to people at high risk of overdose*
- *Advocate, adequate first aid education for those using prescription opioids*

Striving for quality first aid calls on all of us to be better, to help each other and most importantly to reach further to reduce harm and suffering from illness and injury. First aid has one of the key roles in a sustainable and safe community by reducing injuries, illnesses and unnecessary deaths.

First aid knowledge and skills save lives.

The Global First Aid Reference Centre (GFARC)
is a hub of technical expertise and
a support for Red Cross Red Crescent members on first aid.
GFARC's objectives are to reduce the number of deaths and the severity
of injuries as well as to make people and communities more resilient
using first aid.

Global First Aid Reference Centre
International Federation of Red Cross and Red Crescent Societies
Hosted by the French Red Cross
21 rue de la Vanne | 92120 | Montrouge | France
Tel. +33 (0)1 44 43 14 46 | Email first.aid@ifrc.org
More information
[Website](#)
[Facebook](#)
[Youtube Channel](#)