

CONTENTS	Page
1.0 INTRODUCTION.....	1
2.0 LEGISLATION	1
3.0 DEFINITIONS.....	2
4.0 ORGANISATION AND MANAGEMENT	2
5.0 FIRST AID ARRANGEMENTS.....	4
6.0 ASSESSMENT OF FIRST AID PROVISION	4
7.0 LEVELS OF FIRST AID PROVISION.....	5
8.0 FIRST AID MATERIALS, EQUIPMENT AND FACILITIES	6
9.0 ACCIDENT/INCIDENT REPORTING	7
10.0 TRAINING	7
11.0 INFECTION CONTROL	8
12.0 MONITORING AND REVIEW.....	8

1.0 INTRODUCTION

Lancaster City Council recognises that prompt first aid/emergency aid treatment is instrumental in reducing the effects of injury or illness suffered at work and will comply fully with the provisions of The Health and Safety (First Aid) Regulations 1981 and associated HSE Guidance.

The organisation’s policy therefore, is to provide adequate and appropriate equipment, facilities and trained personnel to enable first aid to be given to employees if they are injured or become ill at work. The organisation is therefore committed to:

- Providing, on all company premises (and non-company premises where the Company is legally “in control”, where staff are employed), enough trained personnel, equipment and information available to ensure that someone competent in basic first aid or emergency aid techniques can rapidly attend an incident.
- Ensuring that appropriate first aid arrangements are made for peripatetic employees.
- Ensuring that appropriate first aid arrangements are made for staff, contractors, visitors and members of the public.
- To provide information to employees on first aid arrangements.

2.0 LEGISLATION

Under The Health and Safety (First-Aid) Regulations 1981 employers have a duty to provide adequate first aid equipment, facilities and suitable personnel to render first aid to employees.

The Regulations do not require employers to provide first aid for anyone other than their own employees. However, it is strongly recommended within the associated Approved Code of Practise that employers include non-employees in their assessment of first-aid needs and make provision for them. This may require first-aiders to receive additional training above the legal minimum requirement so that they are able to act competently, for example additional training in paediatric first aid and additional life saving techniques within leisure centres or advanced first aid training for those working with officers operating chain saws.

3.0 DEFINITIONS

First aid is defined as:

The provision of treatment for the preservation of life and minimising the consequences of injury and illness until medical help is obtained, and the treatment of minor injuries which would otherwise receive no treatment or which does not require professional medical treatment.”

A first-aider is

Someone who has undertaken suitable training and has an appropriate First Aid qualification and remains competent to perform their role. This means that they must hold a valid certificate of competence in either:

- First aid at work (FAW), issued by an accredited training organisation or recognised awarding body; or
- Emergency first aid at work (EFAW), issued by an accredited training organisation or a recognised awarding body.

Appointed Person is

A person to take charge of the first-aid arrangements, including looking after the equipment and facilities (e.g. checks and, as appropriate, replenishing the first aid boxes), and calling the emergency services when required.

An appointed person is not required to have any formal training.

4.0 ORGANISATION AND MANAGEMENT

Chief Executive Officer

The Chief Executive has overall responsibility for ensuring that the Organisation meets its statutory obligations and that effective arrangements for the management of health and safety are put in place.

Senior Leadership Team (Chief Officers)

The Senior Leadership Team have ultimate responsibility for ensuring that the Organisation meets its statutory obligations and that effective arrangements for the management of health and safety are put in place and are therefore responsible for setting and approving policy direction.

Health and Safety Team

The Health and Safety Team have responsibility to advise on Health and Safety matters including compliance with Health and Safety at Work Act, etc. 1974 and other relevant legislation, best practice guidance and Company policies to meet legal and organisational requirements

The Health and Safety Team is responsible for advising on appropriate measures to meet legal and organisational requirements as required.

The Health and Safety Team are responsible for the ensuring the provision of arrangements in relation to first aid are in place and for ensuring that the company's policy is implemented for their respective services.

Line Managers

Line Managers are responsible for:

- Undertaking the first aid needs assessment to ensure that adequate first aid can be provided during all work hours including assessing the first aid requirements for off-site activities where there may be an increased risk of injury.
- Ensuring provision of relevant and adequate first aid supplies stored in suitable containers.
- Ensuring the provision of adequate number of staff trained in first aid (FAW/EFAW/Paediatric first aid/Appointed persons) throughout the times that the premises are in use.
- Sufficient notices are displayed at appropriate places indicating the location of first aid equipment and trained first aiders so that assistance can be quickly summoned. These should be reviewed and amended regularly.
- Adequate access to a telephone is always available to call emergency services when required.
- Ensuring that all employees are aware of first aid arrangements in the event of an accident or illness.
- A suitable first aid room is available when the need is identified.
- Visitors and contractors are provided with information regarding first aid procedures and how to access first aid provision prior to commencing work, if this will be available to them whilst working on-site.
- Records are maintained of:
 - checking of first aid boxes by nominated person.
 - all first aid administered must be recorded as part of the electronic accident/incident reporting system.
- Maintaining details of Certified First Aiders, Appointed Persons, their training records, and training renewal dates.

First Aiders

First aiders are responsible for:

- Administering first aid to employees in accordance with their training, when required to do so, and to refer staff for specialist help, when required.
- To record all treatment provided, including the nature of first aid given, together with the date and time it was given.
- To present themselves for training at the appropriate time.

Other Nominated Persons

- Nominated person(s) are responsible for maintaining stocks of first aid kits and appropriate signage is in place as directed by the site Managers.

Health and Safety Trade Union Representatives

Health and Safety / Trade Union Representatives have certain responsibilities and duties and are able to audit and complete inspections where required.

A health and safety representative is a fellow worker who represents other union members to look after the health and safety at work of people they work with.

Health and Safety Representatives have the right to:

- take an active part in workplace risk assessments.
- investigate potential hazards and 'dangerous occurrences' and examine the accident data.
- investigate members' complaints.
- carry out inspections of the workplace in work time, at least every three months.

- be consulted on new working practices and new technology.
- receive safety information from their employer (such as inspectors' reports, hygiene surveys and risk assessments).
- attend union-approved training courses without loss of pay; and have access to a phone and office equipment, and paid time off work, both to carry out inspections and to meet staff and other safety reps.

5.0 FIRST AID ARRANGEMENTS

First Aid Provision

At all Lancaster City Council workplaces, there must be adequate and appropriate provision of first aid equipment, facilities and appropriately trained staff to enable first aid to be administered to employees and non-employees if they become injured or ill.

The actual level of first aid provision at each workplace will be decided based on an assessment of need.

The minimum level of first-aid equipment is a suitably stocked and properly identified first-aid container therefore Lancaster City Council will provide a minimum of a suitably stocked first aid box, and an 'Emergency First Aid at Work' trained staff member nominated to look after first aid arrangements and take charge in emergencies.

However, where the work involves particular risks, for example work with hazardous substances or with dangerous tools or machinery, first aid needs will be greater and managers may need to increase the number of first aiders.

It is important to ensure that first aid provision is adequate and appropriate during all working hours, so planned annual leave, maternity leave of first aiders must be covered.

6.0 ASSESSMENT OF FIRST AID PROVISION

The Health and Safety (First Aid) Regulations 1981 require employers to assess the needs for first aid with regard to the workplace, the location, the numbers and needs of employees and the activities taking place. When deciding the level of First Aid required it should be borne in mind that the facilities and equipment should enable immediate assistance to be given to employees suffering from potential injuries or illness associated with the specific undertaking rapid summoning of an ambulance or medical assistance.

Typically, first-aiders will hold a valid certificate of competence in either first aid at work (FAW) or emergency first aid at work (EFAW). EFAW training enables a first-aider to give emergency first aid to someone who is injured or becomes ill while at work.

The Regulations do not prescribe the level of First Aid facilities an employer must provide, because every work place has different hazards. The level of service provided must be appropriate to the risks identified in the workplace assessment, and separate assessments may be required for various parts of the premises, and off site activities dependent on the operations undertaken.

In determining the nature and extent of first aid provision within our sites, the factors to be considered and which should therefore be recorded if a record is desired, include: In determining the nature and extent of first aid provision within our sites, the following factors need to be taken into account

- The nature of the work and workplace hazards and risks.
- The number of staff and their locations.
- The site's history of accidents.
- The size of the site.

- The needs of travelling, remote and lone workers, all Lancaster City Council staff must carry a travelling first aid kit.
- Work patterns/shifts.
- The distribution of the workforce.
- The remoteness of the site from emergency medical services.
- Employees working on shared or multi-occupied sites.
- Cover for annual leave and other absences of first aiders and appointed persons.
- First-aid provision for non-employees.

7.0 LEVELS OF FIRST AID PROVISION

The findings of the first-aid needs assessment will help to determine how many first-aiders/appointed persons are required. There are no standard rules on exact numbers as it should be determined by the needs assessments taking into account all the relevant circumstances of each individual workplace.

Following completion of the first aid needs assessment/checklist, the associated flowchart (taken from L74 the guidance on the regulations) serves as a general guide on how many first-aiders or appointed persons might be needed. The numbers quoted are suggestions only as all relevant information should be taken into account to make a valid judgement.

A First Aider (FAW) is someone who has undergone an approved training course in First Aid at Work and who holds a current First Aid at Work Certificate. Their role involves:

- undertaking first aid treatment in accordance with their training,
- summoning an ambulance or other external medical services,
- maintain the first aid container to the required level as listed on the standard list of contents
- record all cases treated in the 'First Aiders Log Book' kept at each premises in accordance with legal requirements.

An Emergency First Aider (EFAW) is someone who has undergone an approved Emergency First Aid at Work training course (of minimum one-day duration) and who holds a current Emergency First Aid at Work Certificate. They are normally used in low hazard locations; their role involves:

- Undertaking basic emergency first aid in accordance with their training,
- Summoning the assistance of a First Aider where available,
- Summoning an ambulance or other medical services
- Maintain the first aid container to the required level as listed on the standard list of contents
- Record all cases treated in the 'First Aiders Log Book' kept at each premises in accordance with legal requirements.

A Mental Health First Aider (MHFA) is someone trained to recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention. The role also involves:

- Encourage a person to identify and access sources of professional help and other supports.
- Practise active listening and empathy.
- Have a conversation with improved mental health literacy around language and stigma.
- Practise self-care.

Insurance

All suitably trained staff providing first aid are covered by the insurance arrangements for the Organisation.

8.0 FIRST AID MATERIALS, EQUIPMENT AND FACILITIES

When the assessment of first-aid requirements has been completed, the materials, equipment and facilities needed should be provided to make sure that the level of cover identified as necessary will be available to employees and others at all relevant times. This will include ensuring that first-aid equipment, suitably marked and easily accessible, is available in all places where working conditions require it.

There is no mandatory list of items to be included in a first-aid container. The decision on what to provide will be determined by the findings of the first-aid needs assessment.

As a guide, where work activities involve low hazards, a minimum stock of first-aid items might be:

- a leaflet giving general guidance on first aid (for example, HSE's leaflet Basic advice on first aid at work)
- 20 individually wrapped sterile plasters (assorted sizes), appropriate to the type of work (hypoallergenic plasters can be provided if necessary);
- two sterile eye pads;
- two individually wrapped triangular bandages, preferably sterile;
- six safety pins;
- two large, sterile, individually wrapped unmedicated wound dressings;
- six medium-sized sterile individually wrapped unmedicated wound dressings;
- at least three pairs of disposable gloves (latex free non-powdered).

Travelling first-aid kit contents

There is no mandatory list of items to be included in first-aid kits for travelling workers. They might typically contain:

- a leaflet giving general guidance on first aid (for example HSE's leaflet Basic advice on first aid at work);
- six individually wrapped sterile plasters (hypoallergenic plasters can be provided, if necessary);
- two individually wrapped triangular bandages, preferably sterile;
- two safety pins;
- one large, sterile, unmedicated dressing;
- individually wrapped moist cleansing wipes;
- two pairs of disposable gloves (latex free, non-powdered).

First aid kits can be purchased which comply with British Standard BS 8599 however, whether using a first-aid kit complying with BS 8599 or an alternative kit, the contents should reflect the outcome of the first-aid needs assessment.

Each workplace should have at least one first aid box supplied with a sufficient quantity of first-aid materials suitable for the particular circumstances, and if necessary a body spills kit. Large sites will require more than one first-aid box, and suitable quantities of body spills kits. All first aid boxes must be identified by a white cross on a green background.

First-aid boxes should be easily accessible, and sited, if possible, near to hand washing facilities. First aid boxes must only be used to store first aid materials and nothing else. They must not contain tablets, medications, creams etc.

First Aiders & Emergency First Aiders must regularly inspect the contents of first-aid containers and the contents must be restocked as soon as possible after use. See checklist for First Aid containers

Automated external defibrillators (AEDs)

Where it has been identified through their needs assessment that an automated external defibrillator (AED) is recommended in the workplace, then the Provision and Use of Workplace Equipment Regulations 1998 (PUWER) apply. For the purpose of complying with PUWER in these situations information and written instructions, for example from the manufacturer of the AED, on how to use it should be provided. Fuller training, however, is likely to make the user more confident and therefore is now an integral part of the syllabus for FAW and EFAW courses.

9.0 ACCIDENT/INCIDENT REPORTING

Any events where attention is required by an appointed person, First Aider or qualified person to deliver first aid must be reported following the accident/incident reporting policy using the My Compliance system.

10.0 TRAINING

There are two training courses available:

- Emergency First Aid at Work (EFAW) training enables a first-aider to give emergency first aid to someone who is injured or becomes ill while at work.
- First Aid at Work (FAW) training includes the same content as EFAW and also equips the first-aider to apply first aid to a range of specific injuries and illness.

On completion of the first aid at work (FAW) training, successful candidates should be able to:

- understand the role of the first-aider, including reference to:
 - the importance of preventing cross infection.
 - the need for recording incidents and actions.
 - use of available equipment.
- assess the situation and circumstances to act safely, promptly and effectively in an emergency.
- administer first aid to a casualty who is unconscious (including seizure).
- administer cardiopulmonary resuscitation and use an automated external defibrillator.
- administer first aid to a casualty who is choking.
- administer first aid to a casualty who is wounded and bleeding.
- administer first aid to a casualty who is suffering from shock.
- provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters).
- administer first aid to a casualty with:
 - injuries to bones, muscles and joints, including suspected spinal injuries.
 - chest injuries.
 - burns and scalds.
 - eye injuries.
 - sudden poisoning.
 - anaphylactic shock.
- recognise the presence of major illness (including heart attack, stroke, epilepsy, asthma, diabetes) and provide appropriate first aid.

On completion of an emergency first aid at work (EFAW) course, successful candidates should be able to:

- understand the role of the first-aider, including reference to:
 - the importance of preventing cross infection.
 - the need for recording incidents and actions.

- use of available equipment.
- assess the situation and circumstances to act safely, promptly and effectively in an emergency.
- administer first aid to a casualty who is unconscious (including seizure).
- administer cardiopulmonary resuscitation and use an automated external defibrillator.
- administer first aid to a casualty who is choking.
- administer first aid to a casualty who is wounded and bleeding.
- administer first aid to a casualty who is suffering from shock.
- provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters).

Note: an 'Appointed Person' is not required to have any formal training.

11.0 INFECTION CONTROL

Those most at risk of infection are, in theory, first aiders attempting to give resuscitation or trying to stop bleeding. As a precautionary measure a suitable resuscitation mask or shield should be provided where a risk of infection may occur.

To minimise risk of cross contamination/ infection whilst administering first aid, first-aid personnel must cover all exposed cuts/abrasions on their own bodies with a waterproof dressing before administering treatment. They must also wash their hands before and after applying dressings. Disposable nitrile/vinyl gloves and aprons must be worn whenever blood, or other body fluids are handled

First aiders must comply with all infection prevention and control policies and procedures for the company, for example in cleaning up spilt blood.

If contact is made with any other person's body fluids the area should be washed immediately and medical advice sought.

Further advice on infection control is available in the Control of Infection Policy.

Any injuries incurred whilst providing first aid (including sharps injuries) must be reported via the Councils incident system.

12.0 MONITORING AND REVIEW

This policy will be reviewed Annually, unless changing circumstances require an earlier review.