FIRST AID

**The potential problem**

* NAFAS member or visitor taken ill at a NAFAS event or meeting
* Injury resulting from an accident at a NAFAS event or meeting
* Sudden illness such as a heart attack or stroke

**Typical result**

* Injury or illness that in some cases may be dangerous requiring rapid attention
* Potential for disruption and panic at an event or meeting adding to problem
* Potential for someone to make a claim if negligence or lack of due care can be established

**Possible Scenario**

* NAFAS member slips on wet surface requiring and therefore requires first aid
* NAFAS member at Open meeting had stoke which was not recognized

**Action**

* **At least one member of your Club should be qualified as a First Aider or appointed person**
* Competent trained and preferably certified first aid cover provided by a recognised body
* Information and awareness amongst members of action to take in event of a stroke, heart attack, asthma attack, etc
* Information and awareness, whilst respecting confidence, if member is a diabetic
* Basic first aid equipment in club premises and at all events
* Draft procedure based on risk assessment detailing action in event of accident or illness
* Enhanced first aid assistance at large events e.g. St. John’s Ambulance
* Keep a record of all incidents that require first aid in an Accident Book

IF YOU SEE IT – ACT – DON’T LEAVE IT TO OTHERS

**Legal Requirement**

\* Health and Safety (First Aid) Regulations 1981. While NAFAS activities may not be required to comply fully with these regulations, the HSE advise that adoption of these requirements is advisable and may be seen as evidence of good practice.  
Minimum level of cover – one first aid box and one first aider for up to 50 people.

\* These Regulations should be kept on Area/Club files for reference