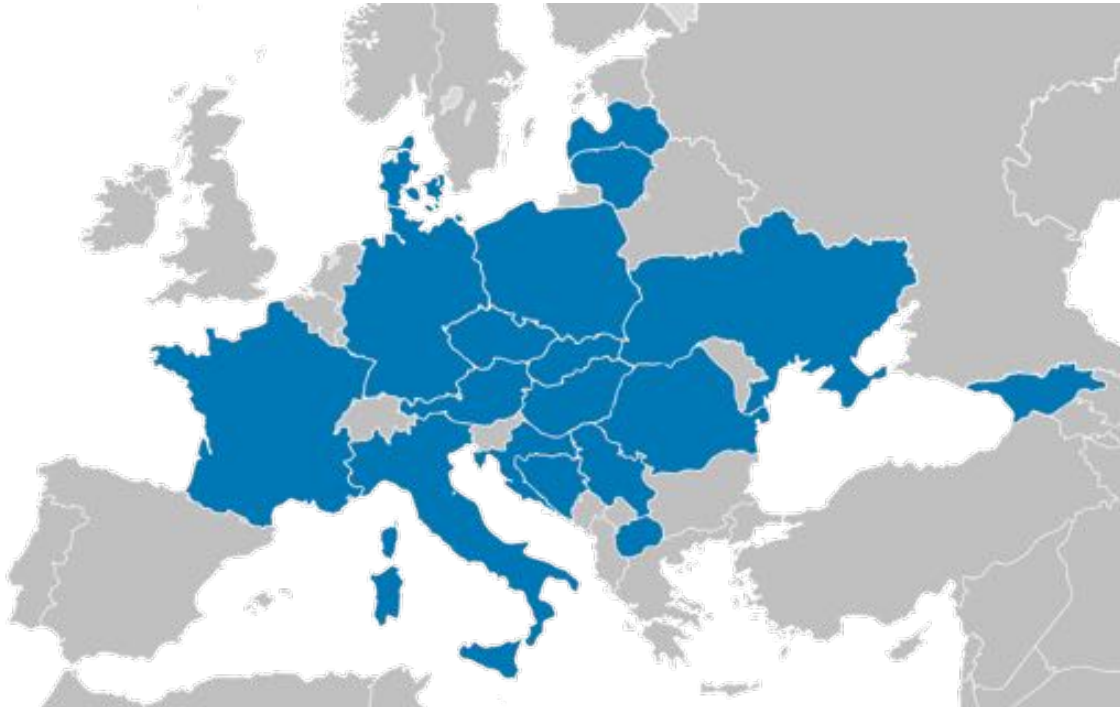


## **SAMARITAN INTERNATIONAL European First Aid Certificate**



Revision 7/2017, as adopted by the European Committee on First Aid Education of SAMARITAN INTERNATIONAL (SAM.I.) on 28 July 2017.

The following pages describe the SAM.I. internal standard for mutual recognition of basic first aid training. Amendments consisting solely of additional SAM.I. organisations joining the recognition mechanism by adding their certificate specimen do not require new official revisions.

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## The SAM.I. European First Aid Certificate

The SAM.I. European First Aid Certificate is a tool to facilitate the recognition of first aid certificates within the network. It was developed by the European Committee on First Aid Education (EC First Aid) and last updated in 2017.

It enables member organisations to more quickly determine whether a certificate from another member organisation is eligible for recognition.

It is not a universally valid European certificate, as this would require political action from the European Union and its member states. The EC First Aid has laid out its recommendations to achieve this in its Single European First Aid Report.

### Basic rules for recognition

The European First Aid Certificate is only valid in combination with a valid national certificate. We recommend that the back of the national certificate is used to convey the extended validity of the certificate within the SAM.I. network. In cases where this is not possible, the national certificate and the notice of validity as a SAM.I. European First Aid Certificate can be printed on separate sheets of paper, but should be handed out and kept together.

To be eligible for recognition, a course shall conform to the European standard defined by the EC First Aid. The course shall cover all themes and have achieved the appropriate learning results as laid out in the Single European First Aid Report from 12 October 2016. The corresponding chapter is enclosed in this document as a reference.

Due to the many designs and languages the current national first aid certificates can exhibit, the participating national certificates are enclosed in this document in an annotated form, enabling first aid trainers to easily find all relevant information. SAM.I. organisations have to share a copy of their certificate design with indications on where to find the following relevant information to the EC First Aid, if they wish to participate in the European First Aid Certificate.

In particular, relevant information includes: Name of the participant, date of the course, the date of validity, the length of the course, and (if indicated) the name of trainer.

If the first aid education to be recognised is based on a series of courses (e.g. a basic course followed by refresh courses), an obligatory prerequisite for recognition is that the latest and currently valid certificate has been issued by a SAM.I. organisation.

### Certificate text

The EC First Aid does not prescribe an exact layout for the European First Aid Certificate on the back of the national certificate or on a separate sheet. However, the following text shall be used, in English and, optionally, in the local language:

*This course corresponds to the European standard defined by the European Committee on First Aid Education (EC First Aid) of SAMARITAN INTERNATIONAL (SAM.I.).*

*The SAM.I. European First Aid Certificate requires a course to cover all themes recommended by the EC First Aid as defined in the Single European First Aid Report from 12 October 2016 and certifies that the participant has reached the appropriate learning results.*

*The themes covered include:*

- *Basic Life Support (including defibrillation)*
- *Recovery position*
- *Basic psychological care*
- *Shock prevention*
- *Strong bleeding*

## Specifications of the SAM.I. European First Aid Certificate – Revision 2017

- *Physical trauma and wound treatment*
- *Thermic disorders*
- *Poisoning*
- *Burns (chemical, thermic)*
- *Stroke and seizures*
- *Airway obstructions and breathing distress*
- *Irregularities in circulation, heart attacks*
- *Special emergencies:*
  - Electricity accidents*
  - Taking off a motorcyclist's helmet*

*The regular courses take 8 hours. Refresh courses have to be taken every two years.*

*More information: <http://bit.ly/EuropeanFirstAidCert>*

## Annotated certificate specimens of participating SAM.I. organisations

### ASSR (Slovakia)

**ASSR**  
ASOCIÁCIA SAMARITÁNOV  
SLOVENSKEJ REPUBLIKY

Číslo: \_\_\_\_\_  
Number of certificate

**EURÓPSKY  
CERTIFIKÁT  
PRVEJ POMOCI**  
European certificate of first aid

Trvanie kurzu: \_\_\_\_\_  
Duration of course

Meno a priezvisko: \_\_\_\_\_  
Name and surname

Dátum narodenia: \_\_\_\_\_  
Date of birth

Miesto a dátum konania kurzu: \_\_\_\_\_  
Place and date where was the course held

V: \_\_\_\_\_  
Place

dňa: \_\_\_\_\_  
Date

Školiteľ: \_\_\_\_\_  
Trainer

ASSR:

Tento certifikát neoprávňuje štítno vyučovať prvú pomoc.

This certificate doesn't authorize to teach the first aid.

Has to be signed/stamped: Yes

Size of the paper: A4

Print on the back: -

DPA (Denmark)


**Dansk Førstehjælpsråd**  
**Førstehjælpsbevis**

Name  
Social security number

har den 26-03-2018 deltaget aktivt i de nedenfor anførte førstehjælpsuddannelser som er gennemført med tilfredsstillende resultat jf. Dansk Førstehjælpsråds anbefalinger.

- Førstehjælp ved hjerrestop (4 timer)  
Deltageren kan både selvstændigt og i samarbejde med andre, håndtere en voksen bevidstløs person, med og uden normal vejtrækning, jf. ERC guidelines for basal genoplivning. Deltageren kan give relevant førstehjælp til en voksen person, der har fremmedlegemer i luftvejene, jf. ERC guidelines for basal genoplivning. Deltageren kan anvende en hjertestarter, hvor det er relevant for førstehjælpen.
- Førstehjælp ved ulykker (2 timer +)  
Deltageren kan handle ud fra førstehjælpsens hovedpunkter, samt udføre relevant livreddende førstehjælp til tilskadekomne med fremmedlegemer i øvre luftveje, bevidsthedspåvirkning og med tegn på kredsløbssvigt. Deltageren kan skabe sikkerhed for sig selv og tilskadekomne i forbindelse med ulykker. Deltageren kan yde førstehjælp ved større ulykker og kan nedflytte tilskadekomne der ligger på jorden eller sidder i bil. Deltageren kan yde psykisk førstehjælp i de første minutter.
- Færdselsrelateret førstehjælp bil/MC/traktor (4 timer)  
Deltageren kan handle ud fra førstehjælpsens hovedpunkter og ABC-principperne, samt udføre relevant livreddende førstehjælp til tilskadekomne i forbindelse med de typiske trafik- og færdselsrelaterede ulykker på vej og gade hvor bil, MC eller traktor er involveret. Deltageren kan handle ved færdselsrelaterede bil- eller MC-ulykker, der umiddelbart er livstruende, eller som kan udvikle sig til livstruende situationer, og yde relevant førstehjælp, til såvel lettere og svære tilskadekomne og kan overlevere hele hændelsesforløbet til ambulancepersonale. Deltageren kan overskue, hvor der kan opstå farlige situationer ved kørsel med bil, MC og traktor. Deltageren har reflekteret over egen holdning og muligheder for at handle forebyggende ved de typiske årsager til at personer bliver dræbt eller kvæstet i trafikken.
- Færdselsrelateret førstehjælp for unge knallertførere (4 timer)  
Deltageren kan handle ud fra førstehjælpsens hovedpunkter ved færdselsrelaterede ulykker, hvor knallert er involveret. Deltageren kan handle ved færdselsrelaterede knallertulykker, der umiddelbart er livstruende, eller som kan udvikle sig til livstruende situationer. Deltageren kan yde førstehjælp til personer ved de hyppigst forekommende skader opstået i forbindelse med trafikulykker. Deltageren kan selvstændigt forebygge ulykker og kender de typiske årsager til ulykker med knallert. Deltageren har reflekteret over egen holdning og muligheder for at handle forebyggende, ved de typiske årsager til ulykker med knallert.
- Førstehjælp ved blødninger (1,5 timer)

Dansk Førstehjælpsråd anbefaler at den opnåede førstehjælpskompetence vedligeholdes jævnligt, senest den 26-03-2020. For førstehjælpsuddannelser gennemført i forbindelse med erhvervelse af kørekort gælder dog, at de højest må være et år gamle jf. kørekortbekendtgørelsen.



Instruktør: Thomas Egesborg Pedersen(2023)

Bevis id: 47d7166c-688e-4321-a861-b76b04ac4e04. Beviset kan verificeres på <http://kursusbevis.forstehjaelpsraad.dk> ved hjælp af bevis-ID.

Side 1 af 4

Name of the participant and social security number

Date of the course

Description of course modules / contents and length in educational units ("timer")

General date of validity (after two years)

Logo of the issuing organisation

Name of the instructor

Certificate number

Has to be signed/stamped: No – Verification is done electronically. The certificate number can be checked online on the website of the Danish First Aid Council.

Size of the paper: A4

Print on the back: -

Note: A specimen with all module descriptions in English is available at:

<http://foerstehjaelpsraad.dk/first-aid-certificate/>

FSR (Romania)

Local association ASB Romania

**CURS DE INSTRUIRE**

**ASB**  
Asociația Samaritanilor din România  
"Mintea noastră este  
să ajutăm celui și acum"

D-na(D-l) .....  
A ..... cursul de formare în

**ACORDAREA  
PRIMULUI AJUTOR**

**PARTENER  
CENTRUL MEDICAL  
MEDIURG**

*Cursul s-a desfășurat în  
perioada .....,  
și a avut o durată de .....*

**NIVEL .....**

**MEMBRU**

**FSR**  
Federația Samaritanilor din România

**SAMARITAN  
INTERNATIONAL**

Data emiterii: .....  
Valabilitate instruire: .....

Președinte,  
Dr. Cristian Anton VINTILESCU

Name of the participant

Has to read: „INSERTPAS SEDHERE“, meaning „passed“

Date of course

Length of course

Date of document

Valid until

Has to be signed/stamped: No

Size of the paper: A4

Print on the back: SAM.I. First Aid Certificate in English and Romanian

LSA (Latvia)

Regular course certificate

The image shows a specimen of a Latvian First Aid Certificate (APLIECĪBA) with the following fields and callouts:

- Name of the participant:** (vārds, uzvārds) and personāls kods (person ID code).
- Length of course (12 hours with 3 hour knowledge test):** par pirmās palīdzības pamatzināšanu 12 stundu apmācības kursa beigšanu ar trīs stundu zināšanu pārbaudi.
- Seal/Stamp of training organisation:** Apmācītājorganizācija (spiedogs).
- Name and other identifying information of the teacher:** Pasniedzēja vārds, uzvārds sert.Nr., (spiedogs), paraksts.
- Date of document:** APLICĪBA izdota 20...g. Derīga līdz 20...g.
- Date of validity:** Apmācītājorganizācijas vadītāja paraksts, atšifrējums, z.v.

Additional text on the certificate includes: Latvijas Republikas Veselības ministrija, Neatliekamās medicīniskās palīdzības dienests, and a reference to the Ministry of Health's decision of August 14, 2012 (Nr. 557).



**Extended course certificate**

Latvijas Republikas Veselības ministrija  
Neatliekamās medicīniskās palīdzības dienests

**APLIECĪBA**  
Nr. C 006103

Apmācītājorganizācija (spiedogs):

Īpašas atzīmes:  
*Nokārtoja ieskaitu un prot pielietot apgūtās zināšanas un prasmes paplašinātās pirmās palīdzības sniegšanā.*

(vārds, uzvārds)  
personas kods

Pasniedzēja vārds, uzvārds sert.Nr.,(spiedogs), paraksts

Par paplašinātās pirmās palīdzības 40 stundu apmācības kursa beigšanu ar zināšanu pārbaudi.

Apliecība izdota 20 \_\_\_\_ .g. \_\_\_\_ . \_\_\_\_ .  
Derīga līdz 20 \_\_\_\_ .g. \_\_\_\_ . \_\_\_\_ .

Saskaņā ar Ministru kabineta 2012. gada 14. augusta noteikumiem Nr. 557.

Apmācītājorganizācijas vadītāja paraksts, atšifrējums, z.v.

Name of the participant

Length of course (40 hours extended course)

Seal/Stamp of training organisation

Name and other identifying information of the teacher

Date of document

Date of validity

Has to be signed/stamped: Yes (see annotations)

Size of the paper: A4

Print on the back: Official government-issued form, no print on back.

Please note: There is a similar looking yellow version of this form which is not adequate for international recognition! Only the red and blue versions should be recognised.

LSB (Lithuania)

Local Association LSB Kaunas



**LIETUVOS SAMARIEČIŲ BENDRIJA  
KAUNO SKYRIUS**

**LSB Kauno skyrius**

Įm. kodas: 193376827, lic. Nr. VSL-524

Šv. Gertrūdės g. 8A, Kaunas Tel. 8 37 321 572,

El. paštas: ppm@kaunosamarieciai.lt

**Sveikatos žinių ir įgūdžių atestavimo pažymėjimas**

20 \_\_\_\_ - \_\_\_\_ - \_\_\_\_ LSB - \_\_\_\_

\_\_\_\_\_  
(Vardas)

\_\_\_\_\_  
(Pavardė)

\_\_\_\_ - \_\_\_\_ - \_\_\_\_  
(gimimo metai)

\_\_\_\_\_  
(Profesijos ar veiklos srities pavadinimas)

Atestuota /as pagal \_\_\_\_ val.

(trukmė ak. val.)

**Privalomojo pagrindinio /testinio pirmos  
pagalbos mokymų programą** \_\_\_\_\_

\_\_\_\_\_  
(pažymėjimo galiojimo laikas, jeigu nustatytas mokymų periodiškumas)

\_\_\_\_\_  
**Artūras Stoškus**

Date

First name(s)  
of the  
participant

Surname of  
the participant

Date of birth

Hours

Main course /  
refresher  
course

Signature /  
Stamp

Name of  
trainer

Has to be signed/stamped: Signed and stamped

Size of the paper: A4

Print on the back: -

WK (South Tyrol, Italy)

**TEILNAHME -  
BESTÄTIGUNG  
ATTESTATO DI  
PARTECIPAZIONE**

Herr/Frau **MAX MUSTERMANN** ← La Signora/il Signor  
geb. am - in **01.01.1951 MUSTERSTADT** ← nata/o il - a

besuchte am **30.03.2017 MÜNCHEN/MÜNCHEN** ← ha superato il  
den Kurs für **Erste-Hilfe-Beauftragte** ← il corso per addette/i  
für die Risikogruppe für die Risikogruppe al pronto soccorso  
per la tipologia di rischio

**B/C**

im Sinne des Art. 15 des Gesetzesvertretenden Dekretes vom 19. September 1994, Nr. 626  
auf Grundlagen des Ministerialdekrets vom 15. Juli 2003, Nr. 388  
gemäß Dekret des Landeshauptmannes vom 13. Juni 2005, Nr. 25  
gemäß Artikel 45 des GvD vom 09. April 2008, Nr. 81

ai sensi dell'articolo 15 del decreto legislativo 19 settembre 1994, n. 626  
sulla base del decreto ministeriale 15 luglio 2003, n. 388  
ai sensi del decreto del Presidente della Provincia 13 giugno 2005, n. 25  
ai sensi dell'articolo 45 del decreto legislativo 09 aprile 2008, n. 81

Gültigkeitsdauer auf Staatsebene 3 Jahre, in der Autonomen Provinz Bozen-Südtirol 10 Jahre.  
Periodo di validità a livello nazionale 3 anni, nella Provincia Autonoma di Bolzano-Alto Adige 10 anni.

Landesrettungsverein Weißes Kreuz ONLUS  
Ass.prov.le di soccorso Croce Bianca onlus

Kursleitung/Direzione corso: Dr. Otto Mustermann  
SANADirektor/Direttore sanitario: Dr. Georg KAMHLMAR  
Präsident/Presidente: Barbara BIR

**Callout boxes:**

- Name of the participant
- DoB of the participant
- Date of course and place of course, Also serves as date of document
- General validity (3 years nationally, 10 years within South Tyrol)
- Signature person responsible for course

Has to be signed/stamped: Signed

Size of the paper: A4

Print on the back: Course goals in German and Italian, explicit date of validity (“Gültigkeit der Ausbildung bis:” / “Validità del corso fino a:”), length of course in educational units (“Unterrichtseinheiten” / “unità”)

## **Learning results, content and transferable quality criteria**

The learning results in the following table are organised according to the basic first aid scheme RECOGNIZE - EVALUATE - ACT, to correspond closely to the learner being able to help in emergency situations. We also make some recommendations on whether these results can be achieved via theoretical instruction, via demonstration or the learners practicing them themselves under supervision and with feedback from the trainer. If a type of instruction is optional, it is marked in brackets.

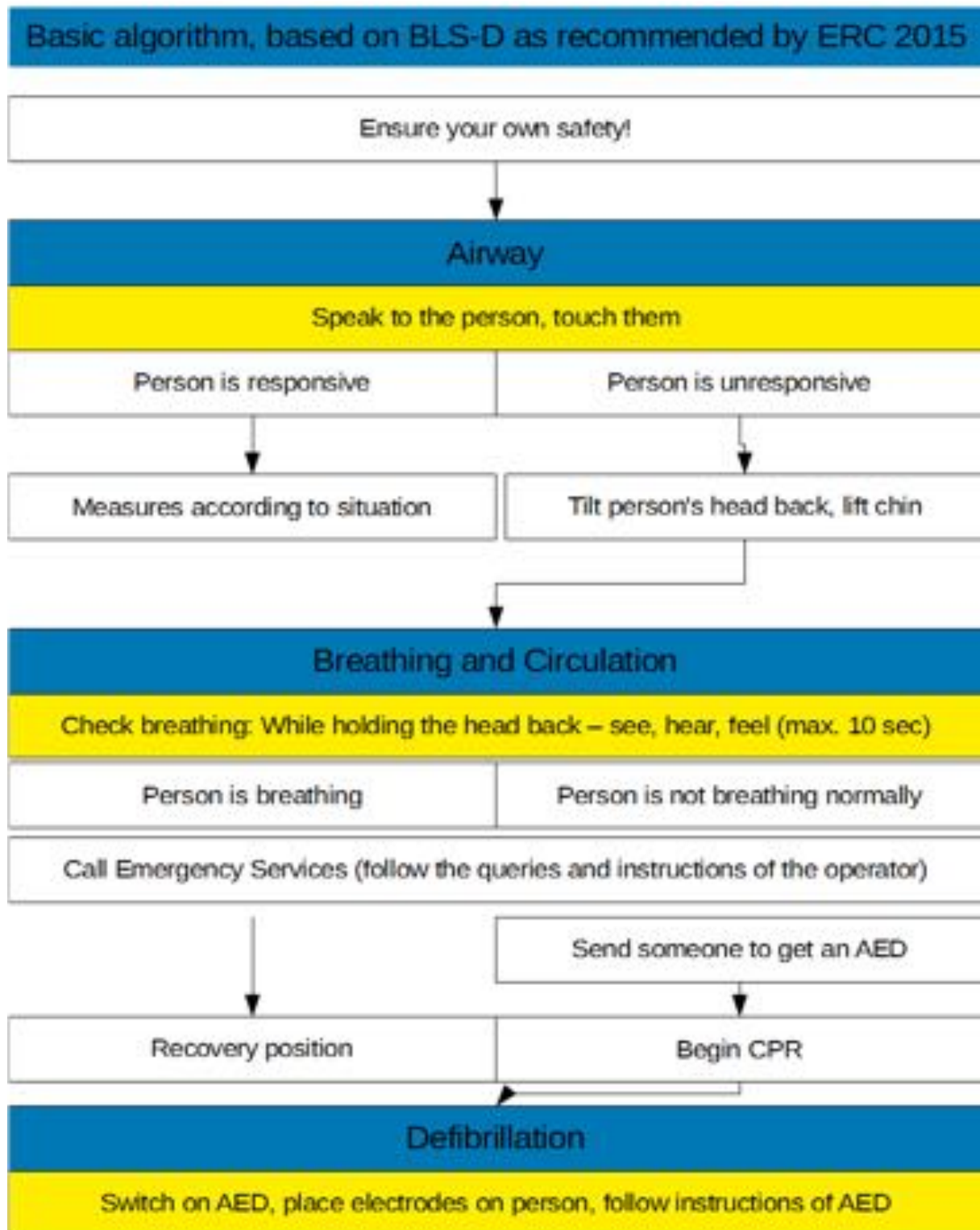
This table of recommended learning results is accompanied by brief descriptions of the topics.

Please note that the EC First Aid recommends the details of the content of courses to always be oriented along the accepted state of the art of emergency medicine. The guidelines of the European Resuscitation Council, as a body of medical experts, are already the basis for most national content prescriptions for Basic Life Support and should, with the newest edition also including other first aid measures, also form the basis of other aspects of first aid courses.

In fact, this content overview begins with a first aid version of the ERC's algorithm for basic life support in a flow-chart form as it is often used for teaching purposes.

The table afterwards lists the learning results for additional first aid measures. The recommended way of teaching (theoretical, demonstration, practice) is marked by checked or unchecked cells after the corresponding entries. If a way of teaching is marked in brackets (X) it is considered optional.

First steps in every emergency



The steps of the basic algorithm should be repeated at appropriate times of the course, in combination with the other measures.

Recommended course themes and how to teach them

	Learning results	Theoretical / Information	Trainer Demonstration	Training (all participants) + feedback
<b>Basic algorithm</b>	<i>We recommend the ERC basic life support guidelines in their latest version.</i>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Regular non-basic themes</b>				
<b>Administer basic psychological care</b>	<i>Recognise:</i> Know the importance of basic psychological care.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Evaluate:</i> Determine if a person in need of basic psychological care.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Act:</i> Provide psychological care.	<b>X</b>	<b>X</b>	<b>X</b>
<b>Prevent shock</b>	<i>Recognise:</i> Be able to notice the possibility of shock.	<b>X</b>		
	<i>Evaluate:</i> Determine the possible cause of shock.	<b>X</b>	<b>(X)</b>	
	<i>Act:</i> Remove or limit the shock cause.	<b>X</b>	<b>X</b>	
<b>Administer wound treatment</b>	<i>Recognise:</i> Determine that the person's wound requires treatment.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Evaluate:</i> Be able to determine the type of wound and know the appropriate measures.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Act:</i> Treat wounds according to the different types of wounds.	<b>X</b>	<b>X</b>	<b>X</b>

<b>Recognize thermal and chemical burns and treat them</b>	<i>Recognize:</i> Identify the signs, Identify the cause of burns.	<b>X</b>		
	<i>Evaluate:</i> Know the the influence of fire and chemical substances on the human body. Be able to determine significant or severe burns and know appropriate measures.	<b>X</b>		
	<i>Act:</i> Stop burning process, cool the burn area with clean flowing water for a sufficient amount of time, cover the burn and seek medical assistance for further treatment if needed.	<b>X</b>	<b>(X)</b>	
<b>Recognise life-threatening bleedings and take appropriate measures</b>	<i>Recognise:</i> Be able to notice life-threatening bleeding.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Evaluate:</i> Determine the appropriate treatment depending on location of bleeding.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Act:</i> Administer appropriate treatment.	<b>X</b>	<b>X</b>	<b>X</b>
<b>Administer basic aid for physical trauma</b>	<i>Recognise:</i> Identify the cause and location of suspected trauma: head, torso, abdomen, spine, limbs	<b>X</b>	<b>X</b>	
	<i>Evaluate:</i> Determine the appropriate method of treatment.	<b>X</b>	<b>X</b>	
	<i>Act:</i> Treat the person accordingly.	<b>(X)</b>	<b>X</b>	<b>(X)</b>
<b>Recognise thermic disorders and treat them</b>	<i>Recognise:</i> Know the possibility of critical thermic disorders, distinguishing hypo- & hyperthermia.  Understand the influence of thermic disorders on the human body.	<b>X</b>		

	<i>Evaluate:</i> Determine the appropriate treatment depending on kind of thermic disorder	<b>X</b>		
	<i>Act:</i> Support the re-establishment of normal core body temperature.	<b>X</b>	<b>(X)</b>	
<b>Recognise and treat poisoning</b>	<i>Recognise:</i> Recognise possible poisoning.	<b>X</b>		
	<i>Evaluate:</i> Check vital signs to determine whether it is critical.	<b>X</b>		<b>(X)</b>
	<i>Act:</i> Administer basic life support (see corresponding chapters)	<b>X</b>		<b>X</b>
<b>Check normal breathing and know the dangers of non-normal breathing</b>	<i>Recognise:</i> Know the signs of breathing/non-breathing and the dangers of non-normal breathing.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Evaluate:</i> Determine breathing of the person: listen - see - feel.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Act:</i> Administer artificial breathing in case of non-normal breathing/CPR.	<b>X</b>	<b>X</b>	<b>X</b>
<b>Get the person into the recovery position</b>	<i>Recognise/Evaluate:</i> Determine that a person is unconscious and breathing normally.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Act:</i> Be able to decide if a recovery position has to be established and, if so, place the unconscious person into the recovery position.	<b>X</b>	<b>X</b>	<b>X</b>
<b>Apply CPR</b>	<i>Recognise:</i> Recognise an unresponsive/unconsciousness person.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Evaluate:</i>	<b>X</b>	<b>X</b>	<b>X</b>



	Determine/check non-normal breathing, cardiac arrest.			
	<i>Act:</i> Perform CPR - if possible with AED.	<b>X</b>	<b>X</b>	<b>X</b>
<b>Use an automated external defibrillator (AED)</b>	<i>Recognise:</i> Recognise an unresponsive/unconsciousness person.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Evaluate:</i> Determine/check (un)normal breathing, cardiac arrest.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Act:</i> Perform CPR with AED.	<b>X</b>	<b>X</b>	<b>X</b>
<b>Take off a helmet</b>	<i>Recognise:</i> Know the particular dangers of someone in an emergency situation wearing a helmet.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Evaluate:</i> Determine consciousness & calm / unconsciousness or panic, vomit, blood inside helmet.	<b>X</b>	<b>X</b>	<b>X</b>
	<i>Act:</i> Remove/don't remove helmet according to evaluation.	<b>X</b>	<b>X</b>	<b>(X)</b>
<b>Recognise neurological signs and know how to act in case of strokes and seizures</b>	<i>Recognise:</i> Know how to recognize neurological signs.	<b>X</b>		
	<i>Evaluate:</i> Check vital signs. Recognize stroke as a high-risk emergency. (F.A.S.T.)	<b>X</b>		<b>(X)</b>
	<i>Act:</i> Be able to provide assistance according to type of neurological sign.	<b>X</b>		<b>(X)</b>
<b>Recognise irregular breathing and be able to act in case of airway</b>	<i>Recognise:</i> Recognise irregular breathing/Breathing distress  1. Airway obstructions 2. General breathing distress	<b>X</b>		

<b>obstructions and general breathing distress</b>	<i>Evaluate:</i> Determine if it is an airway obstructions or general breathing distress.	<b>X</b>		
	<i>Act (Airway obstruction):</i> Remove the object removal by the following measures: Coughing, back blows, Heimlich maneuver.	<b>X</b>	<b>X</b>	<b>(X)</b>
	<i>Act (General breathing distress):</i> Support a beneficial posture.	<b>X</b>	<b>X</b>	<b>X</b>
<b>Recognise irregularities in circulation and be able to act in case of heart attacks and electricity accidents</b>	<i>Recognise:</i> Know how to recognize irregularities in circulation and heart attack signs.	<b>X</b>		
	<i>Evaluate:</i> Check vital signs and recognize heart attacks as a high-risk emergency.	<b>X</b>		<b>(X)</b>
	<i>Act:</i> Be able to give assistance according to heart attacks and electricity accidents.	<b>X</b>		<b>(X)</b>

### Transferable quality criteria for service providers and instructors

Just like the curricula, the framework conditions of certified first aid courses are heavily regulated nationally. In some cases, the prescription of conditions goes down to details such as the minimum floor area per participant. The EC First Aid considers the corresponding regulations at least adequate in all participating countries. To advance cross-border recognition, the exact details of such regulations should not be relevant. Instead, we recommend a few basic criteria indicative of good framework conditions. In case of recognition of certificates, the following criteria should be sufficient proof of a course framework in which the learning results can realistically have been achieved.

#### Note on times, educational units and recommended numbers

For the purpose of this chapter "hours", as referring to duration of course work, are defined as educational units of 45 minutes. First aid courses and instructor courses should be scheduled to include appropriate breaks.

Where specific numbers of hours or participants are recommended, higher national standards should take precedence.

## Basic pedagogical framework conditions of first aid education

### **1. Duration of courses**

We recommend that first aid courses have a duration of no less than eight hours. We recommend that the participants should spend at least half of the course time with practical exercises.

We recognise the evidence based trend of shorter but more frequent courses, as also recommended by the ERC. Therefore, in the future, shorter courses yielding the same learning results should also be able to seek mutual recognition in educational frameworks such as the EQF.

### **2. Theory/Practice**

For recommendations on which first aid themes may be taught without practical teaching and which themes require practical instruction and training, please see the theme table in the chapter on learning results.

### **3. Group size and number of trainers.**

We recommend that the learning group for practical instructions and exercises there should be one instructor for every 6-8 participants.

### **4. Educational success, quality management and evaluation.**

Trainers should conduct continuous checks of educational success throughout their courses. These can take the form of practical trials of learned measures as well as written or practical final trials.

An evaluation of first aid courses by the participants should always be conducted.

### **5. Training equipment**

Teaching has to be supported with appropriate usage of training equipment in sufficient quantity. This equipment has to be properly prepared before each course.

All training equipment has to comply with all national or local regulation on quantity and quality of such materials and has to be suitable to teach the current medical consensus on first aid and resuscitation, as for example collected in the ERC guidelines.

### **6. Continuing education / Refresh**

First aid skills should be kept up-to-date with sufficiently frequent refresh courses. We recommend an interval of two years, in accordance with the findings of studies on the degradation of learned skills over time. At this interval, refresher courses may be shorter than regular courses and only take four hours.

## Trainer qualifications

### **1. Recommendations on capabilities of providers of first aid training, their trainers and trainer education**

A provider of first aid courses has to prove that it is able to provide training and has a corresponding number of trainers at its disposal. Providers of first aid training have to maintain a quality management system including documentation of certifications and evaluation of training courses. Facilities and equipment have to be properly maintained.

All first aid training for first responders and trainers has to be based on the current state of the art of scientific medicine as propagated by recognised institutions<sup>1</sup>.

The provider of first aid training has to make sure that its trainers receive appropriate continuing education. The completion of trainer training and their continuing education is documented appropriately (e.g. in personnel files or in training logs).

The ability to teach is given, when a trainer can prove, by showing valid documentation, that a special trainer course for first aid has been completed at an appropriate institution for training trainers. The trainer has to complete continuing education courses to refresh his certification in regular intervals.

The following requirements are necessary for trainers who are to conduct training and continuing education in first aid.

### **2. Medical/professional qualification**

Precondition for entering instructor training:

To ensure quality in first aid education, we recommend that first aid trainers have previous knowledge or education in first aid or relevant fields of medicine or have received comparable education according to the respective national standards.

Instructor training courses:

We recommend the regular length of the trainer courses to be at least 40 hours. Duration and intensity of the courses may vary depending on pre-existing knowledge and qualification.

The trainer course has to cover BLS and PBLs<sup>2</sup> in addition to all the themes named in this document (see table Recommended course themes) in a way that enables the trainer to teach these themes to others.

### **3. Pedagogical qualification**

Trainers should have received pedagogical training of at least 40 hours. We recommend physical attendance at this training course.

A trainer has to have professional knowledge of the content of the course, in particular the first aid themes and learning results defined in the corresponding chapter.

Every trainer also has to acquire knowledge of basic didactic and teaching methods. This includes conflict management, relevant rules & guidelines, motivation, target group analysis, feedback / communication, evaluation / check of success, different methods of moderating<sup>3</sup>,

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<sup>1</sup> e.g. the ERC

<sup>2</sup> as defined by the ERC

<sup>3</sup> Usage of different materials/media, electronic and/or classical.

subject-specific background-knowledge<sup>4</sup>, rhetorical skills, the role of the trainer as a medium, realistic emergency simulation, and topic demarcation<sup>5</sup>.

Trainers should be familiar with relevant teaching and demonstration materials. They should be able to organize a course in whole, including evaluation measures and methods of checking educational success (including exams).

Any additional national requirements on pedagogical training should be followed.

We recommend that pedagogical training is complemented by first-hand practical experience (such as a mentoring programme under the supervision of experienced trainers), before a trainer is allowed to conduct courses on their own.

(Partial) recognition of other teaching qualifications is subject to national regulations.

#### **4. Conclusion of trainer education**

Trainer education has to be concluded with a check of educational success that covers both theoretical and practical aspects. Pedagogical as well as medical knowledge and skills have to be checked.

#### **5. Medical and pedagogical continuing education**

The trainers are obligated to keep their knowledge and skills up to date.

They should receive update / refresh courses after at most five years (according to national regulation). We recommend that the regular refresh education should take at least 16 hours and should include medical and pedagogical knowledge.

(Partial) recognition of other continuing education courses is subject to national regulations.

We recommend that trainers who have not conducted any first aid courses for two years or longer should take an additional theoretical and practical refresh course and/or participate in another supervised practical experience phase before actively instructing again.

### **Brief description of first aid topics**

#### **ERC Basic algorithm**

The ERC basic algorithm consists of different measures described in their own respective paragraphs of this document. The ERC guidelines of 2015 have been used to write these descriptions. Nonetheless, the latest version of the ERC guidelines should be used as a reference for these themes and the basic life support algorithm.

See:

- Ensure own safety
- Call emergency services
- Check consciousness
- CPR (with AED)
- Illustration of the ERC Basic Life Support Algorithm at the beginning of the Annex

#### **Ensure own safety**

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<sup>4</sup> Familiarity with first aid devices and materials, safety and hygiene rules.

<sup>5</sup> I.e. Where does first aid end and further aid/emergency medicine start?

*Learning results:*

<p><i>Recognise:</i></p> <p>Recognise an unsafe emergency scene.</p>
<p><i>Evaluate:</i></p> <p>Assess the potential hazards of an emergency scene, e.g. electricity or traffic.</p>
<p><i>Act:</i></p> <p>Be able to describe the scene and be able to secure and manage the site.</p>

*Measures:*

- Observe the scene!
- Protect yourself!
- If you can do something yourself: Act.
  - Take appropriate measures to either diminish the hazard or remove affected persons from the danger zone. (practical descriptions in Annex of guidelines)
- Else: Call emergency services (see next theme)

**Call emergency services**

*Learning results:*

<p>Recognize:</p> <p>Recognize that your situation requires you to call emergency services. When in doubt: call.</p>
<p>Evaluate:</p> <p>Gather the necessary information for emergency operator, if immediately available (don't delay!).</p>

Act:

Call the emergency number.

*Measures:*

- Dial 112 or the national emergency number of your location!
- Give the operator all the the basic information he needs: Where, what, how, which (injuries).
- Then wait for queries.
- Follow the instructions of the operator, including telephone-assisted CPR.

### **Check consciousness and know the dangers of unconsciousness**

*Learning results:*

*Recognise:*

Know the signs of consciousness and unconsciousness and the dangers of unconsciousness.

*Evaluate:*

Determine consciousness of the person.

*Act:*

Continue with appropriate measures depending on consciousness.

*Measures:*

- Ensure own safety!
- Check Consciousness (talk to loudly and clearly, touch at the shoulder)
- If unconscious: Call emergency services for help and inform other people of the happening (shout for HELP). Observe where the nearest AED is (watch out for signs) and **command** someone to get it.
- Turn person on their back
- Open the airway (turn the head back)
- Check Breathing (10 seconds. See, hear, feel)
- no normal breathing, including gasping -> CPR or CPR with AED, see corresponding themes
- normal breathing -> recovery position, protect against heat loss, regularly check vitals

### **Check normal breathing and know the dangers of non-normal breathing**

*Learning results:*

*Recognise:*

Know the signs of breathing/non-breathing and the dangers of non-normal breathing.

*Evaluate:*

Determine breathing of the person:  
listen - see - feel.

*Act:*

Administer artificial breathing in case of non-breathing/CPR.

*Measures:*

- Determine whether there is normal breathing
- Call emergency services
- Start artificial breathing, start CPR

**Regular, non-basic THEMES**

**Administer basic psychological aid**

*Learning results:*

*Recognise:*

Know the importance of basic psychological care.

*Evaluate:*

Determine if a person in need of basic psychological care.

*Act:*

Provide psychological care.

*Measures:*

- Keep calm / get person to become calm
- Talk to person, use “their language”, ask for cause for his state of distress
- Communicate at eye level (kneel/sit down, if person is on the ground)
- Actively listen, let the person finish their statements and respond to their needs.
- Do not play down the situation, stay realistic while remaining reassuring
- Explain any further first aid measures you take and actively involve the person.
- Isolate the person from passer-bys and spectators.
- Don't leave the person alone until emergency services arrive.



## Prevent shock

*Learning results:*

<i>Recognise:</i> Be able to notice the possibility of shock.
<i>Evaluate:</i> Determine the possible cause of shock.
<i>Act:</i> Remove or limit the shock cause.

*Measures:*

- Ensure own safety!
- Know pain and blood loss as possible causes of shock
- Stop the bleeding
- Do not cause any additional pain
- Let the person lay flat
- Call emergency services
- Keep the person calm
- Protect against heat loss

## Administer wound treatment

*Learning results:*

<i>Recognise:</i> Determine that the person's wound requires treatment.
<i>Evaluate:</i> Be able to determine the type of wound and know the appropriate measures.
<i>Act:</i> Treat wounds according to the different types of wounds.

*Measures:*

- Ensure own safety!
- For large / deep wounds or for wounds of uncertain extend, call emergency services and don't put any ointments or household remedies on the wound.
- Clean contaminants from wound
- Use sterile bandages and wound dressings.
- Apply appropriate type of wound dressing.
- Do not remove penetrating foreign objects (danger of causing bleeding)
- Remark for course participants: Check your vaccination status for tetanus.

**Recognize thermal and chemical burns and treat them**

*Learning results*

<i>Recognize: Identify the signs, identify the cause of burns.</i>
<i>Evaluate: Know the the influence of fire and chemical substances on the human body. Be able to determine significant or severe burns and know appropriate measures.</i>
<i>Act: Stop burning process, cool the burn area with clean flowing water for a sufficient amount of time, cover the burn and seek medical assistance for further treatment if needed.</i>

*Measures*

- Ensure own safety!
- Identify signs.
- Identify the cause of burns (hot water or oil, fire, electricity, direct contact with heat, chemicals or frozen surfaces).
- If needed: Call emergency services!  
In case of inhalation: Always call emergency services!
- Basic life support (see corresponding chapters: during initial or emergent care, wound care is of secondary importance. The basic algorithm takes precedent over caring for the burn).
- Shelter from exposure.
- Stop burning process.
- Thermal burns:

- Cool the burn area for at least 10 minutes with clean flowing water (or hydrogel products if water is not available) until affected person does not feel pain from the affected area anymore. In case of large burned areas, young children or infants, take particular care not to induce hypothermia when cooling. Note: Tap water may be very cold depending on region and season.
- Chemical burns:
  - cut off contaminated clothing, do not remove clothing contaminated by chemicals over the head or face; refer to instruction on the container if available; flush chemicals from the eyes for at least 20 minutes.
- Cover the burn and seek medical assistance for further treatment if necessary.

### **Recognise life-threatening bleedings and take appropriate measures**

*Learning results:*

<i>Recognise:</i> Be able to notice life-threatening bleeding.
<i>Evaluate:</i> Determine the appropriate treatment depending on location of bleeding.
<i>Act:</i> Administer appropriate treatment.

*Measures:*

- Ensure own safety!
- Apply direct pressure (with or without dressing) until emergency medical/ambulance service arrives
  - Special case bleeding on a limb:
    - Apply direct pressure or apply pressure dressing.
    - If pressure is not sufficient to control the bleeding, tie the limb off.
- Recommended position: supine position
- Call emergency services!
- Protect against heat loss
- Be aware of the risk of shock and conduct shock prevention.
- Basic psychological care
- Look after the injured person

### **(8) Administer basic aid for physical trauma**

*Learning results:*

<i>Recognise:</i> Identify the cause and location of suspected trauma: head, torso, abdomen, spine, limbs
<i>Evaluate:</i> Determine the appropriate method of treatment.
<i>Act:</i> Treat the person accordingly.

*Measures:*

- Ensure own safety.
- Follow basic algorithm
- Determine if a possible trauma occurred (fall, crash, crushing...).
- If the person is conscious, examine injury (look for obvious injuries, no full body check)
- If needed: Call emergency services!
- Do not unnecessarily change the position of the injured person
- Do not move the injured part unnecessarily
- Immobilisation – Maintain / help to maintain any unnatural positions of the injured body part (e.g. in case of fracture)
- Basic psychological care
- Protect against heat loss
- Treat injury appropriately according to type.

**Recognise thermic disorders and treat them**

*Learning results*

<i>Recognise:</i> Know the possibility of critical thermic disorders, distinguishing hypo- & hyperthermia. Understand the influence of thermic disorders on the human body.
<i>Evaluate:</i> Determine the appropriate treatment depending on kind of thermic disorder
<i>Act:</i> Support the re-establishment of normal core body temperature.

*Measures*

- Identify signs, including altered state of consciousness.
- Check skin temperature.
- Consider duration and intensity (temperature) of exposure.
- Call emergency services!
- Shelter from exposure (Seek shade or cover with blanket, depending on type of thermic disorder).

**Recognise and treat poisoning**

*Learning results:*

<i>Recognise:</i> Recognise possible poisoning.
<i>Evaluate:</i> Check vital signs to determine whether it is critical.
<i>Act:</i> Administer basic life support (see corresponding chapters)

*Measures:*

- Ensure own safety!
- Call emergency services!
- Basic life support (see corresponding chapters).

**Get the person into the recovery position**

*Learning results:*

<i>Recognise/Evaluate:</i> Determine that a person is unconscious and breathing normally.
<i>Act:</i> Be able to decide if a recovery position has to be established and, if so, place the unconscious person into the recovery position.

*Measures:*

- *Ensure own safety!*
- *Check vital signs*
- *Perceives unconsciousness*
- *Applies the recovery position*
- *Call emergency services*
- *Protects against heat loss*

**Apply CPR**

*Learning results:*

<i>Recognise:</i> Recognise an unresponsive/unconsciousness person.
<i>Evaluate:</i> Determine/check non-normal breathing, cardiac arrest.
<i>Act:</i> Perform CPR - if possible with AED.

*Measures:*

*Perform CPR according to the current ERC guidelines.*

*Overview:*

- *Ensure own safety!*
- *Check Consciousness*
- *Turn person on their back and place them on a hard surface*
- *Open the airway (turn the head back, lift the chin)*
- *Check Breathing (no more than 10 seconds. See, hear, feel) no normal breathing*
- *Call emergency services, follow the operator's queries and instructions.*
- *Command someone to get the nearest AED*
- *Undress the Chest*
- *Place Hands (in the middle of the Chest)*
- ***Start CPR (30x heart compressions 2x donate breath) Push hard and fast (100-120bpm, 5-6cm deep) donate breath two times Mouth to Mouth.***
- *Don't Stop CPR until Medical Service will arrive or the person starts normal breathing.*

**Use an automated external defibrillator (AED)**

*Learning results:*

<i>Recognise:</i>
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Recognise an unresponsive/unconsciousness person.
<i>Evaluate:</i> Determine/check (un)normal breathing, cardiac arrest.
<i>Act:</i> Do CPR with AED.

*Measures:*

*Perform CPR with AED according to the current ERC guidelines.*

*Overview:*

- AED not directly available:
  - Ensure own safety
  - Check Consciousness
  - *Turn person on their back and place them on a hard surface*
  - *Open the airway (turn the head back, lift the chin)*
  - *Check Breathing (no more than 10 seconds. See, hear, feel) no normal breathing*
  - *Call emergency services, follow the operator's queries and instructions.*
  - **Command someone** to bring an AED. (Do not leave the patient to get one yourself)
  - Undress the Chest
  - Place Hands (in the middle of the Chest)
  - **Start CPR (30x heart compressions 2x donate breath)** Push hard and fast (*100-120bpm, 5-6cm deep*) donate breath two times Mouth to Mouth.
  - When AED arrives, continue CPR. The second Helper will handle the AED:
    - Switch on AED
    - Place Patches on the Chest
    - Follow the instructions of the AED
  - Don't Stop CPR until Medical Service will arrive or the person start normal breathing.
  
- AED directly available:
  - Ensure own Safety
  - Check Consciousness
  - *Turn person on their back and place them on a hard surface*
  - *Open the airway (turn the head back, lift the chin)*
  - *Check Breathing (no more than 10 seconds. See, hear, feel) no normal breathing*
  - *Call emergency services, follow the operator's queries and instructions.*
  - **Command someone** to use the AED
  - The second Helper handles the AED (simultaneously):
    - Switch on AED
    - Place Patches on the Chest
    - Follow the instructions of the AED

- Place Hands (in the middle of the Chest)
- **Start CPR (30x heart compressions 2x donate breath)** Push hard and fast (100-120bpm, 5-6cm deep) donate breath two times Mouth to Mouth.
- Don't Stop CPR until Medical Service will arrive or the person start normal breathing.

### Take off a helmet

*Learning results:*

<i>Recognise:</i> Know the particular dangers of someone in an emergency situation wearing a helmet.
<i>Evaluate:</i> Determine consciousness, calm / unconsciousness or panic, vomit, blood inside the helmet
<i>Act:</i> Remove/don't remove helmet according to evaluation

*Measures:*

- Ensure own safety
- Check consciousness!
- Call emergency services!
- Consciousness: only remove the helmet if the person starts to panic, to vomit or is bleeding under the helmet.
- Unconsciousness: remove the helmet and ensure free airway (recovery position/eschmark)
- Basic psychological care.

### Recognise neurological signs and know how to act in case of strokes and seizures

*Learning results:*

<i>Recognise:</i> Know how to recognize neurological signs.
<i>Evaluate:</i> Check vital signs. Recognize stroke as a high-risk emergency. (F.A.S.T.)



<b>Act:</b> Be able to provide assistance according to type of neurological symptom, basic psychological care.

*Measures:*

- Identify neurological signs
- Call emergency services (as soon as possible, particularly in case of a stroke)
- Basic psychological care
- Stroke, determined by F.A.S.T. test: Perform basic life support if needed
- Seizure: Prevent person from accidentally injuring themselves, don't hold the person down

**Recognise irregular breathing and be able to act in case of airway obstructions (and asthma bronchiale)**

*Learning results:*

<b>Recognise:</b> Recognise irregular breathing/Breathing distress <ol style="list-style-type: none"><li>1. Airway obstructions</li><li>2. General breathing distress</li></ol>
<b>Evaluate:</b> Determine if it is an airway obstructions or general breathing distress.
<b>Act (Airway obstruction):</b> Remove the object removal by the following measures: Coughing, back blows, Heimlich maneuver.

*Measures:*

- Airway obstructions
  - Instruct the person to cough strongly, Alternate between 5 blows on the back, and 5 attempts of Heimlich maneuver, until the foreign body is released or the person collapses. If the person becomes unconscious: Call emergency services and start CPR.
- General breathing distress:
  - Try to calm the person down, ensure fresh air and loosen tight clothing, support a beneficial posture, support in letting them take their own medication, call emergency services early

**Recognise irregularities in circulation and be able to act in case of heart attacks and electricity accidents**

*Learning results:*

<p><i>Recognise:</i></p> <p>Know how to recognize irregularities in circulation and heart attack signs.</p>
<p><i>Evaluate:</i></p> <p>Check vital signs and recognize heart attacks as a high-risk emergency.</p>
<p><i>Act:</i></p> <p>Be able to give assistance according to heart attacks and electricity accidents.</p>

*Measures:*

- Ensure your own safety.
- For heart attacks:
  - Instruct the person to stay calm in chair, do not move, open window for fresh air, loosen any tight clothing
  - Call emergency services
- For electricity accidents:
  - Call emergency services!
  - Unplug the appliance or turn off the power at the control panel.
  - Basic life support.