



University of
St Andrews

Saints Sport first aid

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The Health and Safety (First-aid) Regulations 1981. (Revised Code of Practice 1997)

1. Introduction

The above Regulations set out the essential aspects of first-aid which the University, as an employer, must provide. This policy has been prepared to ensure that Saints Sport is fully compliant with the current regulations.

2. Definition of First-aid

When employees become ill or suffer injuries at work, it is important that immediate first-aid attention is obtainable and, if necessary, an ambulance called. First-aid given promptly and effectively can save lives; often it can assist in the prevention of minor injuries deteriorating into serious injuries. In many incidents/accidents, it is the only treatment necessary. The First-aid policy covers the arrangements required to ensure that appropriate first-aid provision is available as and when necessary.

3. Duty of Employer to make First-aid Provision

The regulations state that:

- i. An employer (University of St Andrews) shall provide, or ensure that there are provided, equipment and facilities as are adequate and appropriate in the circumstances for enabling first-aid to be rendered to employees or individuals within their duty of care should they become injured or unwell.
- ii. An employer (University of St Andrews) shall provide, or ensure that there is provided, a number of 'suitable persons' as is adequate and appropriate in the circumstances for rendering first-aid to their employees or those within their duty of care; and for this purpose, a person shall not be deemed suitable unless he/she has undergone such training and achieved the desired level of qualification.
- iii. Any first-aid room provided shall be easily accessible to stretchers and to any other equipment needed to convey patients to and from the room and be sign-posted, and any such sign to comply with regulation 4 of the Health and Safety (Safety Signs and Signals) Regulations 1996.

4. Appropriate Persons

Where an employer provides first-aiders in the workplace, they should ensure they have undertaken suitable training, have an appropriate first-aid qualification and remain competent to perform their role. 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. FAW training includes EFAW and equips the first-aider to apply first-aid to a range of specific injuries and illnesses.

5. Assessment of First-aid Need

To ensure the availability of adequate first-aid provision the Facilities and Operations management team will assess the departments (specifically operations) needs. The aim of which is to enable Saints Sport to reduce the effects of injury or illness suffered, regardless of the cause. Consequently, any first-aid provision must be 'adequate' and appropriate in the circumstances. This means that enough equipment, facilities and personnel must always be available, taking into account working patterns, to:

- Give immediate assistance to casualties with both common injuries or illnesses and those likely to arise from specific hazards at work.
- Summon an ambulance or other professional help.

6. First-aid materials, equipment and facilities

Following an assessment of the departments first-aid requirements, Saints Sport provides the materials, equipment and facilities needed to make sure that the level of cover identified as necessary will be available to any individual requiring treatment. This includes ensuring that any first-aid equipment is suitably marked and easily accessible.

6.1 Sports Centre First-aid Boxes and Inspection

There are three first-aid boxes on site. They are situated in the following areas:

- a. Reception - In First-aid Cupboard
- b. Behind the Gym Desk
- c. Cleaners Cupboard

Sports Assistants are required to check all first-aid box supplies against stock requirements on the card insert provided on a weekly basis to ensure that the correct stock levels are maintained. Where needed, replacement items can be found in the first-aid cupboard behind reception.

All stock must be checked in the first-aid cupboard and a list of any additional stock required passed to the Facilities and Ops Manager who will order any necessary supplies. Facilities and Ops Managers should check the first-aid inventory on a weekly basis and ensure that stock is ordered and replenished as necessary.

Bio Hazard materials must be disposed of using the Bio Hazard Disposal Kits located in each First-aid Box. Surplus kits are in the First-aid Cupboard behind reception.

Note: Medication, disinfectants, ointments, etc. are NOT to be held in a first-aid box under any circumstance.

6.2 Athletic Union First-aid

Every club is required by the Athletic Union Executive to have appropriate first-aid equipment which is always kept fully stocked and attends all club activity. For those clubs/teams that do not have a suitable first aid kit available, members of all AU clubs can access one of the team Saints Sport first-aid bags from reception. Any items used during their hire will be replenished as required by the Sports Centre.

The minimum stock of a club first aid kit should be as follows:

- 4 Triangular bandages
- 6 Large bandages
- 6 Large low adherent dressings
- 5 Pairs of gloves
- 2 Foil space blankets (for all sessions and matches occurring outside)
- 2 Instant cooling packs
- 1 Pair of first aid shears
- 1 Copy of the Saints Sport Accident/Incident/Near Miss Reporting Form

Some clubs will be required to carry additional items which will be identified by their safety policy.

6.3 AED (Automated External Defibrillator)

There are two defibrillators on site at University Park. They are situated in the following areas:

Front of Sports Centre – external wall adjacent to gym

Pavilion external wall – adjacent to Hepburn Gardens

Facilities and Ops Managers and Sports Assistants are required to check both units on a weekly basis to ensure that they are fully functional and that all accessories required for normal operation are present and correct.

***All staff holding either an EFAW or FAW qualification are fully trained in the use of these external defibrillators.**

7. Record keeping

Every person using Saints Sport first-aid equipment/provision for the treatment of injury/illness should ensure that the appropriate accident/incident report form is completed and submitted to the Facilities and Ops Manager including if the incident involves an AU club out with the Sports Centre. Copies of any report forms held in the Sports Centre will be submitted to Environmental Health and Safety Services (EHSS) on a weekly basis. This reporting system will assist in the identification of any work or activity which may be causing ill-health or injury; subsequent alterations may then be required to prevent any further occurrences.

8. Training and Education

Approved to deliver regulated qualifications through Quallsafe Awards, the University of St Andrews is affiliated with one of the largest Ofqual recognised Awarding Organisations in the UK. With extensive industry knowledge, Quallsafe work very closely with training providers such as the university to provide a range of first aid qualifications which are included on both the Qualifications Credit Framework (QCF) and the Regulated Qualification Framework (RQF).

All qualifications offered through our awarding organisation are fully compliant with all current Health & Safety (HSE) First Aid at Work Regulations (1981) and are nationally recognised, including in Scotland where these are the equivalent to the SCQF level 6 certification.

8.1 First Aid Courses

All Saints Sport personnel are encouraged and supported to attend formal first aid courses provided through the University of St Andrews approved trainers in association with QualSafe Awards. Facilities and Ops Manager's will notify all department staff of any courses, dates/times etc.

AU clubs should aim to have an appropriate body of first aid qualified members.

All courses will be available for booking on the universities' PDMS system. For any further information the first-aid training centre run by CHASE can be contacted at: saintsfirstaid@st-andrews.ac.uk

9. Notification of First-aid Arrangements

In order that first-aid arrangements operate effectively, it is important that they are known, understood and accepted by everyone. University of St. Andrews first-aid notices are positioned throughout the building; clearly indicating who and where the first-aiders are and the location of the nearest first-aid box. Staff who may have reading or language difficulties may require the provision of a relevant first-aid notice.

All new members of staff, as part of their induction training, will need to be made aware of the first-aid provision and procedures in their work area.

10. Implementation of First-aid Policy

In accordance with university policy and to maintain adequate first-aid provision, it will be necessary to regularly carry out the following activities:

- 1) Ensure that all members of staff and students are familiar with the first-aid arrangements in their area.
- 2) Complete and display revised First-Aid notices and remove any that are out-of-date from their area.
- 3) Safeguard the skills of those suitably qualified through regular periods of ongoing staff training.

RESOURCES

1. HSE (2013), Health and Safety (First Aid) Regulations (1981), L74 3rd Edition:
<http://www.hse.gov.uk/pUbns/priced/l74.pdf>
2. University of St Andrews First Aid Policy:
<https://www.st-andrews.ac.uk/staff/policy/healthandsafety/publications/first-aidatwork/>