

What can I do to help?

There are lots of options:

- The Banff and Macduff CFR Scheme is always looking for new members to become part of the team; the more people, the nearer we can get to 24/7 coverage. You do not have to have had any previous medical training. If you think you could be a good help to your community please do contact us (see front page) for an informal chat about becoming a CFR.
- Learn CPR and other simple lifesaving skills, or refresh those you haven't practiced for a while, and book a place on one of our 2 hour Heartstart courses, or book a place on our shorter CPR courses. Both of these include handling a defibrillator – which are really easy to use! Every person that knows skills to help keep someone alive, makes each one of us that little bit safer.
- Help us with fundraising. Our Scheme has to provide most of the equipment in our kit bags, uniforms, training equipment, consumables such as batteries and all sorts of sundry items.
- Donate – not only to cover operating costs, but to allow us to get sufficient equipment bags so we can support CFRs that live in more outlying parts of our area – and potentially therefore help more patients more quickly. Donations can be made by cheque or cash – please use the contact details on the front of this leaflet; or donate on-line at <https://www.everyclick.com/friends-of-chalmers-hospital/info>
This link also allows you to donate when buying almost anything on line – at no cost to yourselves.
- Spread the word; talk to your neighbours, friends, relatives; they may be interested in any of the above.

What else do you do?

In addition to being a team of Community First Responders, we also:

- maintain (currently) 18 Public Access Defibrillators (PAD) around the towns of Banff and Macduff. These are all in locked cabinets, but are accessible in an emergency by activating the alarmed "break glass" box to obtain the cabinet entry code. In addition to the alarm most of the cabinets are also within CCTV coverage.



Our original aim was to have a Public Access Defibrillator within 300m of 95% of every residence in both towns; if you can help us to supply and fit more cabinets with Defibrillators, then we will achieve above target. Each new PAD currently costs £1,500; and £58 per average year to maintain with in-date electrodes and batteries.

Maps of the locations of the PADs are on the local Notice Boards, on our facebook page, and a separate leaflet is available.

- provide public, free to attend, training courses covering Emergency Life Saving skills, for:
 - collapsed patients;
 - unconscious, but breathing, patients, hence the recovery position;
 - unconscious but not breathing, ie in cardiac arrest, hence cpr and the use of a defibrillator;
 - heart attacks;
 - severe bleeding;
 - choking.

We have accredited instructors, the latest training aids and equipment, and students have plenty of opportunity to practice.

The full course is about 2½ hours, and a shorter course for helping unconscious patients about 1¼ hours. Please contact us to be notified first of the next course dates.

We will do private training courses on request.

Banff & Macduff COMMUNITY FIRST RESPONDERS

FAQs



Contact:
BanffMacduffCFR@gmail.com

f Banff and Macduff Community First Responders
07568 139063 (Colin) or 07939 647574 (Ian)
We are part of the Scottish Registered Charity "Friends of Chalmers Hospital", SC018411

What is a First Responder?

The Resuscitation Council (UK) states that a First Responder is "a person, trained as a minimum in basic life support and the use of a defibrillator, who attends a potentially life-threatening emergency."

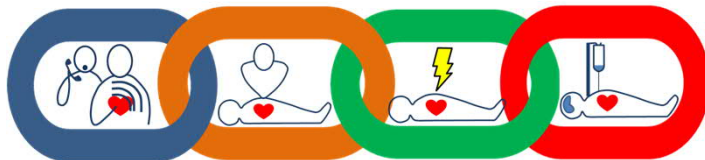
Why do we need CFRs?

We live in a rural community and an ambulance is not always immediately available. Local people have a shorter distance to travel. If a series of events takes place in a set sequence, as soon as practicable, a patient suffering from a cardiac arrest stands a greater chance of survival. These events are now known as the 'Chain of Survival'.

What is a Community First Responder?

A Community First Responder is a local volunteer who agrees to undertake training in Basic Life Support, registered with the Scottish Ambulance Service and a local Scheme. They are called out – when on call - by the Ambulance Service to provide lifesaving treatment to those within their community who are critically ill, in the first few minutes prior to the arrival of an ambulance.

CHAIN OF SURVIVAL



Early recognition and call for help to prevent cardiac arrest

Early CPR to buy time

Early Defibrillation to restart the heart

Post resuscitation care to restore quality of life

CFRs do attend many more types of incidents than cardiac arrests, but the early treatment principle remains valid.

Do CFRs replace ambulances?

NO. As with the Chain of Survival CFRs can provide the early care and treatment, but an ambulance will always be sent.

What types of incidents do CFRs attend?

CFRs can expect to be sent to:

- chest pains;
- cardiac arrests;
- difficulty in breathing or choking;
- medical collapse and unconscious patients.

CFRs will not knowingly be sent to:

- assaults or violent incidents;
- public houses;
- road traffic collisions & other trauma;
- children under 16 years old.

What is a CFR Scheme?

CFRs volunteer as part of a team, ie a "Scheme". A local volunteer Scheme Co-ordinator organises an 'on call' or 'on duty' rota between all available volunteers, with the aim to have as close to 24/7 coverage as feasible.

How are CFRs called out?

The Ambulance Control Centre (ACC) will identify incidents that are appropriate for CFRs, and contact on-call CFRs by phone/airwave radio.

Who is responsible for CFRs?

As volunteers within the community, all CFRs sign up to a level of conduct that must be followed at all times. Only when despatched by Ambulance Control is a CFR acting for the Ambulance Service and covered by their insurance; at all other times they are responsible for their own actions.

What equipment do CFRs use?

The Scottish Ambulance Service identify appropriate equipment for a Scheme's skill level. Banff & Macduff currently carry typical first aid items, plus basic vital signs monitoring equipment, suction, oxygen and various masks, and of course a defibrillator. CFRs do not carry any drugs.

What training do CFRs get?

All CFRs undergo a four day training course, typically split between two weekends. On-going training throughout the year is given within the Scheme, and a formal annual assessment.

Do CFRs wear uniform?

The Banff and Macduff Scheme provides it's own uniform to it's CFRs, plus the Ambulance Service provide the well-recognised yellow & green jacket.

Are CFRs exempt from any driving laws?

All CFRs undergo a driving licence check, but always have to follow all normal traffic rules at all times. CFRs do NOT operate blue lights. In Banff and Macduff each CFR uses their own vehicle; such use must be declared to your insurer but by national agreement there should not be any additional premium.

What area do CFRs cover?

An area is agreed between ACC and the Scheme. Banff and Macduff cover Portsoy to Cornhill to Turriff to Gardenstown.