



Glossary

First Aider: A person who is trained and certified in First Aid, and can use those knowledge and skills to protect and save lives, as well as to mobilize and assist a community in preventing, be prepared and respond to emergency situations.

Casualty: A person who is in distress, and needs and/or asks for assistance.

Community: A group of people, who stays/lives/works in a specific context.

CPR: Cardio Pulmonary Resuscitation is the combination of 30 Chest Compressions and 2 Rescue Breaths. This life saving method is employed for those casualties who are unconscious and not breathing.

Danger: Situation or condition that has the potential, in the short, medium or long term, to adversely affect the life or health of people present at and/or close to an emergency situation.

Distress: A disturbed acute physical and/or psychological state, which can lead to deterioration in the life, health or well being of a person.

Emergency care service: An organization or groups with a system or a network of resources and personnel having a specific responsibility to prepare for and respond to emergency situations. Its members are qualified to intervene directly at an incident or to take over the management of a casualty who has been initially assisted by a bystander and/or a First Aider on the scene.

Injury: Unintentional or intentional damage to the body resulting from an exposure to thermal, mechanical, electrical, radioactive or chemical energy, or from the absence of such essentials as heat or oxygen.

Protection: Measures taken to prevent risk exposure in an emergency situation (to signal a road crash, to control the risk exposure to blood or other body fluids etc.).

Psychological support: Assistance given to people with emotional distress whether it results from physical injury, disease or stress. The assistance aims to reassure the casualty and get his/her cooperation/collaboration in measures to be taken by a bystander and/or a First Aider and/or emergency care service.

RICE: Rest, Ice padding, Compressive bandaging and Elevation. This first aid method is employed for those casualties suffering from either Strains or Sprains.