

Activity Report 2019



The Global First Aid Reference Centre

Since its creation in 2012, the IFRC Global First Aid Reference Centre (GFARC) has worked with National Societies to deliver the outcomes of the Global First Aid Vision 2015-2020 which main goals are:

- to harmonize first aid around the world,
- to promote research and the evidence-based approach,
- to support risk reduction and build resilience,
- to advocate for first aid training,
- to share skills,
- to develop resources and make economies of scale.

As part of this global vision, the following projects were carried out during 2019, some projects being in continuity with what happened in 2018. Please note that all the photos of our projects are available on our Facebook page and additional reports, such as WFAD, can be requested to: first.aid@ifrc.org

Centre operated by



21 rue de la Vanne
92120 Montrouge
France

Telephone: +33 (0)1 44 43 14 46
Fax: +33 (0)1 44 43 12 49
Email: first.aid@ifrc.org

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Technical support and capacity building

Implementation of the international curriculum for trainers of trainers

In 2019, a range of the international curriculum for trainers of trainers (ToT) sessions was conducted by the Global First Aid Reference Centre in different regions. The main purpose of the program is to increase National Societies capacity in training development and to reinforce first aid trainers' instructional backgrounds to provide quality courses to a different range of audiences. Starting early February, three ToT were organized within the Red Cross Society of China, in the framework of International First Aid Attestation project, with 88 participants. In August 2019, the first regional ToT took place in Kuala Lumpur for the Asia-Pacific Region and it enabled to start training development program in more than 23 countries. Finally, in December 2019 was held a ToT for Russian speaking National Societies in Bulgaria, in which 25 participants could learn new ways of teaching and enhance collaboration in the region.



During those sessions, GFARC introduced the “co-facilitation” process to National Societies, so that some trainers of trainers could be part of our international task-force of Master Trainers. As a result of this, our international group counts now 2 Master Educators from Red Cross Society of China, one from Lebanese Cross and one from ICRC delegation in Moscow, and they will be trained online to facilitate and duplicate sessions in-country or internationally. In addition to that, 2 Master Educators from Canadian Red Cross have been introduced to the task-force to also conduct ToT in English and French.

FIA training in Abu Dhabi

FIA (Fédération Internationale de l'Automobile) has decided to train in first aid the rally drivers and co-drivers and has chosen GFARC to coordinate this. Beginning of 2019, GFARC worked with the Red Crescent Society of UAE to propose a short first aid training session in Abu Dhabi. The partnership between GFARC and FIA is pursued which gives the opportunity to work with different National Societies.

EU volunteers project

The French Red Cross, with sister National Societies, applied for a project to the EU for increasing capacities in some countries. As regards the first aid topic, what was done within two years (February 2018 – February 2020) is:

- overview of first aid and diagnosis with recommendations,
- work on the first aid manuals,
- training or refresher courses for trainers of trainers, and/or trainers;
- CBFHA for volunteers.

GFARC followed the first aid file in Burkina Faso, Guinea Conakry, Ivory Coast.

Myanmar Red Cross Society: first aid overview

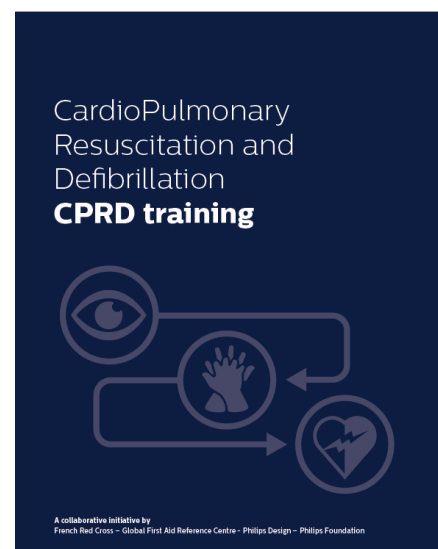
German Red Cross delegation and Myanmar Red Cross Society decided to make a First Aid – Review and Planning Workshop on February 2019, to identify initial recommendations and way forward for 2019-2020. From this perspective, the GFARC provided a review and an analysis of data of the two pre-meeting questionnaires, training curricula and course materials. A field visit report including training observations, complete review of the materials and agreements on updated manuals and trainings (medical and education aspects) was also done. The GFARC was asked to participate in this project for its expertise as the NS would like to obtain an international stamp and trainings attested as qualitative ones according to the standards defined by the International First Aid Guidelines. All the documentation consulted and material provided by GFARC, as well as the sessions conducted are available [here](#).

Philips Foundation project

The [Philips Foundation](#) is a registered charity that was established in July 2014 as the central platform for Philips' Corporate Social Responsibility (CSR) activities – founded on the belief that through innovation and collaboration some of the world's toughest challenges can be solved.

Through a project funded by the Foundation, GFARC worked with the Burkina Faso and Niger Red Cross Societies to help them to organize a public event in their respective capital city in October 2019. The project main aim is to reduce the cardiac arrest burden. Automatic External Defibrillators (AED), manikins were sent to the NS headquarters and a training session on AED was organized with the Trainers of Trainers.

The big event gathered about 30 volunteers per National Society. Public, especially young people, was really receptive and very interested in participating actively in the activities. In both countries, the event was a success in terms of participation (equal balance between men and women), people trained (600) and campaigning.



CBHFA

Community-based Health and First Aid (CBHFA) is the Red Cross Red Crescent main vehicle for empowering communities to develop health literacy and respond to their own health emergencies, with the general objective of reducing mortality and morbidity. The CBHFA consists of an integrated community-based approach in which program volunteers work with their communities on disease prevention, behaviour change, health promotion, first aid and disaster preparedness and response.

The objective, in November 2019, was to build a pool of trainers of trainers to serve as the capacity-building team to build and maintain francophone capacity in the eCBHFA approach.

The following RC/RC National Societies were involved:

- The Burkinabe Red Cross Society
- The French Red Cross
- The Red Cross of Monaco
- The Red Cross Society of Côte d'Ivoire
- The Red Cross Society of Guinea

Twelve staff members from the five National Societies involved were invited to the ToT. The participants had previous training experience and a previous knowledge of the CBHFA methodology. They showed an interest in developing and implementing the eCBHFA methodology within their National Society and to train Red Cross Red Crescent staff and volunteers around the world.

Furthermore, a one-day practical session on the Assessment module took place in the prison of Fleury-Merogis (Paris area) where the French Red Cross has been implemented psychosocial support activities and is willing to develop eCBHFA actions.



Establishing international guidelines

Taking part in the international scientific guidelines

Since 2010, members of GFARC have participated in the consensus on science and treatment recommendations led by ILCOR (the International Liaison Committee On Resuscitation). To continue within this process and to review the latest international scientific guidelines published in October 2015, GFARC plays an active role in reviewing the science behind the guidelines for 2020 on three different levels, as:

- a member of the ILCOR first aid task force, with a participation in every monthly distance meeting and the annual meeting (this year in Chicago). Within this first aid task force, 2 GFARC's experts (Daniel Meyran & Pascal Cassan) were selected to be part of this reference group composed of 17 experts coming from all around the world.
- a member of the American Red Cross scientific committee (with meetings in January and June) to share experiences and be part of the continuous revision of the science within the Movement.
- a member of the European Resuscitation Council: taking part in two General Assembly meetings, in thematic task-forces and in the annual congress in Ljubljana (Slovenia) from 19th to 21st September 2019, and a member of the ERC first aid task force for the European Guidelines 2020.

IFRC international guidelines on first aid and resuscitation

Thanks to the partnership between GFARC, and the Centre for Evidence-Based Practice, hosted by the Belgian Red Cross Flanders, the IFRC evidence-based first aid network and the American Red Cross scientific committee, the work carried out on the guidelines enabled the Red Cross Red Crescent Movement to increase its capacity concerning the scientific approach to first aid. The GFARC is coordinating the global task-force for the development of these Guidelines with the support of a distance worker from Canadian Red Cross. This coordination allows a work in parallel of 4 working groups:

- A clinical group
- An educational group
- A psychosocial group
- An aquatic group



In comparison with the previous edition, some topics will be more developed and others will be added according to the expectation of National Societies (GFARC users' survey, 2018): education section will be amplified; psychological first aid/self-care will be developed with more evidence based and support from the IFRC PSP Centre. First aid in crisis will be integrated with the support of some ICRC field delegates especially in the education working group, life saving measures will be incorporated with the support of the International Life Saving Organization and the water-safety group of the American Red Cross.

A methodological template was developed and contributors were trained online to provide the best scientific evidence available and translated it into practical recommendations to design quality programs.

The topics discussed during this meeting were:

What is covered and not covered by the evidence & how do we proceed when no evidence is available?

How to Apply First Aid as a First Responder:
The Role of the First Responder & 6 Principles,
Scene Management and Approach to Seriously Injured or Ill Person: Approaching a Seriously Injured or Unconscious Victim

Scene Management and Approach to Seriously Injured or Ill Person: Triage: Deciding Who Needs Help First..., Handover: Safe-Guarding Personal and Medical Information & dealing with the deceased

Various First Aid Techniques for a First Responder.

Guidelines will be published with our support by the Belgium Red Cross Flanders.

Advanced first aid

One member of GFARC participated to the Advanced First Aid for First Responders Expert Panel Meeting, South Africa from the 13th to 15th March 2019 organized by the Belgium Red Cross Flanders in collaboration with the South African Red Cross.

Methods for reaching consensus and making practical recommendations according to Evidence-Based Guidelines have been used during this meeting to generate the evidence supporting this advanced first aid guidelines.



Research

Outcome Measurement Toolkit

A toolkit for National Societies to support improvement of first aid education is under development by the Global First Aid Reference Centre in collaboration with the British Red Cross. The toolkit will give an overview of approaches that national or regional first aid education teams can use to measure learning outcomes, and how the data can be used to improve the effectiveness of first aid education activity. The document will focus on the learning outcomes of lay-public learners such as children and adults in families, communities or workplaces. Many of the evaluation principles, tools and approaches will be also adaptable to staff, volunteers or medical professionals who learn first aid. Publication will be done in 2020.



Project on education measurement outcomes and collaboration with La Fondation and Andorran Red Cross – Field test

In the lead up to the 2020 International First Aid and Resuscitation Guidelines, this project aims to begin working toward gaining consensus on what 'effective first aid education' is by supporting the testing of a range of outcome measurement tools and analyzing the findings through 200 learners in France and Andorra. A researcher was selected to conduct the tests and write a report on GFARC's supervision with the aim to evaluate knowledge, willingness and confidence to act. The results will be presented in 2020.



Harmonization

International First Aid Attestation field tests

The IFAA, International First Aid Attestation, is a recognition (as well as a continuous quality improvement process) that a first aid training provided by a RCRC NS is consistent with the latest IFRC International first aid and resuscitation guidelines, updated every five years (definition provided in the concept note that is being field tested).

In 2019, GFARC formally launched the pilot phase of the IFAA project. Based on previous achievements on first aid and the will expressed by RCRC NSs to create an international first aid recognition award, the purpose of this pilot project is to define, together with RCRC NS, the content, the process and the feasibility of the IFAA.

A concept note was drafted and agreed on with the IFRC Secretariat and includes for the pilot phase:

a definition of IFAA and the IFAA process;
the stamp for awarded trainings;
the different activities which will be carried out with RCRC NS and IFRC offices during the project.

As part of the first project activities, field tests started to be conducted with NS and in coordination with relevant IFRC field offices. One field test is planned in each IFRC region.

— **Asia-Pacific** region: field test with the Red Cross Society of China (RCSC) for their “First aider training”:

- Field test launched during a visit from GFARC to the RCSC and CCST-Beijing in January 2019.
- Self-assessment phase completed by distance in February 2019.
- Three TOT organized in March 2019, involving 3 international Senior Master Educators from GFARC as well as 88 trainers and co-facilitators from RCSC.
- The Monitoring & Evaluation phase in branches conducted by the RCSC with support from CCST-Beijing and GFARC from April to June 2019.
- The Monitoring & Evaluation field visit organized in August 2019 and involving one first aid training expert, the IFAA project coordinator, the CCST-Beijing health officer and a team of three first aid staff from the RCSC headquarters and training centre.

The training for which the RCSC applied was awarded the IFAA and the GFARC attended the award ceremony in September 2019.

— **Middle-East** and **Nord-Africa** region: field test with the Lebanese Red Cross (LRC) for their “Basic first aid training”:

- Self-assessment phase completed by distance in November-December 2019
- Feedbacks to self-assessment shared by GFARC in December 2019

— **Africa** region: field test with the Tanzania Red Cross Society (TRCS) for their “Basic first aid course”:

Preparation phase with the TRCS and the support of the Belgian Red Cross – Flanders in October 2019

Self-assessment phase completed by distance in November-December 2019

Feedbacks to self-assessment shared by GFARC in December 2019

— **Europe** region: field test with the Italian Red Cross (ItRC) for their “First aid for adult population course”:

Self-assessment phase started in December 2019, to be completed

The IFAA project activities will be pursued in 2020.



field test with the Red Cross Society of China (RCSC)

Communication and promoting first aid

World First Aid Day: addressing exclusion through first aid

Inclusion is a key topic in many National Societies and within IFRC work, hence the theme used this year had a really positive impact and was marked in more than 95 National Societies around the world.

The following was produced by GFARC in the languages and can be re-used for future activities (90% of the National Societies involved used the theme):

- Concept note with global statistics
- Case-studies from 7 National Societies across 5 regions and on the global partnership between IFRC and Special Olympics
- Mime video pack
- First aid assessment glossary
- Vulnerable people resources pack
- Climate and environmental first aid game (and its explanatory leaflet)
- Inclusion tips one-pager
- Picture frame (and its explanatory leaflet)
- Short animations

This day was an opportunity for RC RC NS to start or pursue advocacy regarding reaching all types of audiences in need, and to promote excluded communities whom members are beneficiaries and volunteers. Many NS also created animations, workshops or FA sessions using different pedagogical methodologies and explored innovative ways of delivering first aid. In total, 58,032,491 people were reached and 31,000 volunteers or staff involved.



Word Restart A Heart Day

Building on the success of the World First Aid Day, already held in lots of countries and thanks to an effective collaboration with ILCOR, GFARC supported the World Restart A Heart day on 16th October through a tool pack shared with RC RC NSs:

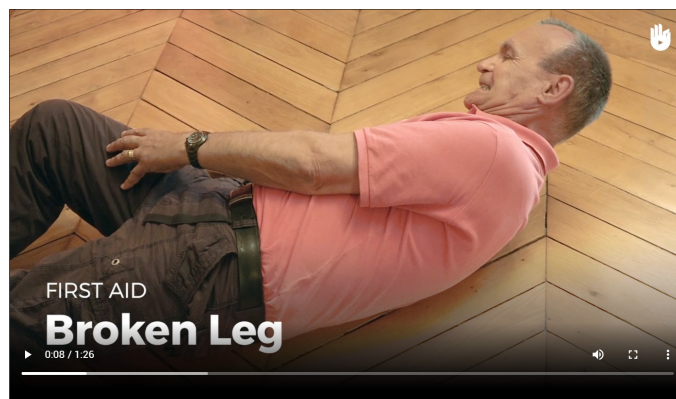
- A quiz on prevention of cardio-vascular disease, along with its response card
- A picture frame to print and use for social networks, along with its directions sheet
- A YouTube playlist including music tracks from all over the world to practice CPR at 100-120 beats/minutes (with the appreciated contribution of NSs)
- A leaflet on how to react in case of a cardiac arrest – in partnership with Philips Foundation
- A video on practicing CPR – in partnership with Philips Foundation available on YouTube and in VLC format
- A customisable poster to advertise the event
- A guidance note on the event with a CPR Journey game



For this first year, we noted a great success and commitment on our channels with **145,264** persons reached and **27,276** trained in CPR.

Videos: ageing population

To complete the program of basic first aid training videos for adults and children, GFARC produced four videos on first aid for older people, which focuses on falls, seizures, cold-related illness and chest pain. Already available in this [website](#), it will be used to create targeted e-learning first course in 2020.



GFARC website

In the framework of the collaborative platform project for first aid, GFARC launched at the end of the year the first version of the [website](#), where National Societies and general public can find information on our projects, vision and international groups. A training directory is also available, as well as the main GFARC resources in four languages.

100 years IFRC Cannes

On 15th and 16th April 2019, the IFRC celebrated its 100 years of existence in Cannes through a world conference on health and climate change. The conference was opened to Red Cross and Red Crescent National Societies but also to experts, politics...GFARC was present through a booth and a presentation in co-animation with the Global Disaster Preparedness Center on the universal first aid app.



GFARC's stand in Cannes

Collaboration with other entities of the IFRC

Reference Centres

GFARC collaborated with other IFRC reference centres such as:

- The Centre for Evidence-Based Practice (CEBaP) of the Belgian Red Cross - Flanders for elaborating the first aid guidelines;
- The Global Road Safety Partnership (GRSP);
- The Global Disaster Preparedness Centre (GDPC) of the American Red Cross, pursuing content supervision of the first aid mobile application;
- Reference Centre for Psychosocial Support.

The meeting of all Reference Centres took place in Geneva.

Regions and regional offices

The GFARC took part in the following meetings:

- February 2019: meeting on research organised by La Fondation Croix-Rouge française RC3 consortium;
- May 2019 : ICRC meeting in Geneva;
- June 2019: Reference Centres meeting in Geneva;
- August 2019 : ToT for Asia Pacific NS
- September 2019: First Aid Education European Network meeting, Sweden;
- October 2019: work on Asia-Pacific plans with the IFRC AP office and the Reference Centres in Kuala Lumpur;
- December 2019: meeting with the Europe IFRC region.

Sister National Societies

The GFARC met with the following National Societies, either in their headquarters either in Paris:

- American RC
- Andorran RC
- Belgian RC
- Burkinabe RC
- British RC
- Canadian RC
- Guinea Conakry RC
- Myanmar RC
- RC Society of China
- RC Society of Côte d'Ivoire
- RC Society of Democratic People's Republic of Korea
- RC Society of the United Arab Emirates
- South African RC

During these meetings, the GFARC presented its range of activities and provided technical answers to the members of the National Society.

Many other National Societies were met during the International Conference which took place in Geneva in December 2019.

External collaborations

Global Resuscitation Alliance

ILCOR, since 2008 has called for the establishment of a Global Resuscitation Alliance (GRA) in order to promote and expand internationally Resuscitation and to develop a global effort for having best practices spread and offering support with implementation to communities.

GRA will help educate EMS leaders about best practices and provide tools to help improve survival in their communities.

GFARC, in relation with the leading role of IFRC and RC RC NS in first aid education, is convinced that it is important to link science and practice, to link international organizations with national organizations, and GFARC formalized the collaboration within the GRA especially in the field of education and will participate to the next meetings of GRA in the future.

International Journal of First Aid Education

The Journal, in which GFARC is an editorial board member, identifies effective & evolving methods to support preparedness & resilience. They publish research, articulate new ideas, & challenge current practice. Any potential contributors are invited to collaborate and share knowledge submitting a paper or becoming a peer-reviewer, applying on the website.

Cochrane group

Cochrane is a global non-profit organization with the mission to promote evidence-informed health decision-making by producing high-quality, relevant, accessible systematic reviews and other synthesized research evidence. Promoted by The Cebap, GFARC is part of this organization and through its work and projects contribute to the following objectives:

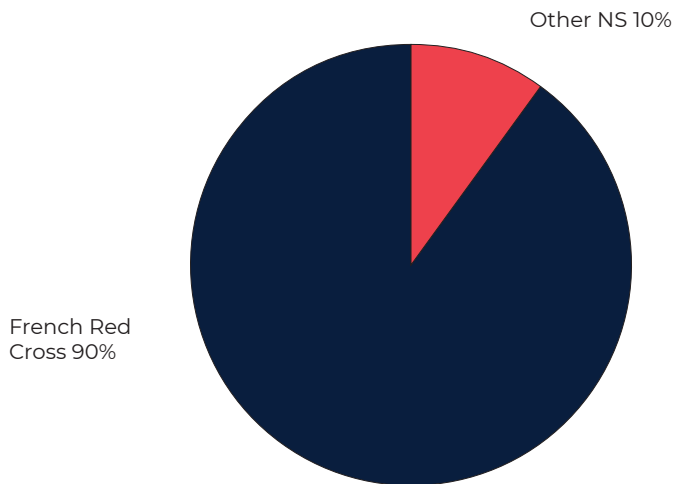
- To disseminate Cochrane systematic reviews which are relevant to first aid.
- To bridge the gap between (primary and secondary) research and practice, which can be made in many other resources, such as guidelines, training materials etc. – Cochrane First Aid would like to be a link to all relevant ongoing first aid initiatives where science is translated in materials for practice.
- To advocate within Cochrane for more reviews that focus on first aid interventions and for including the perspective of the layperson as both recipient and provider in existing reviews.

Financial and human resources support

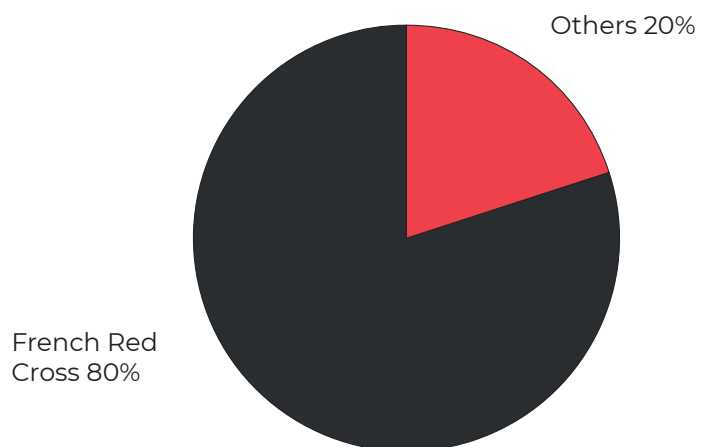
The Global First Aid Reference Centre would like to thank the following National Societies for their financial support or human involvement, thus ensuring continuity in ongoing actions and the creation of new projects: American Red Cross, Andorran Red Cross, Austrian Red Cross, Belgian Red Cross, Bulgarian Red Cross, British Red Cross, Canadian Red Cross, Luxembourg Red Cross, Monaco Red Cross, Swiss Red Cross Samaritans.

Support distribution

COSTS



HUMAN RESSOURCES



Global First Aid Reference Centre

International Federation of Red Cross and Red Crescent Societies

French Red Cross

98, rue Didot | 75694 Paris Cedex 14 | Paris | France

Tel. +33 (0)1 44 43 14 46 | Email first.aid@ifrc.org

Find out more on www.ifrc.org and [Facebook](#)



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of Red Cross and Red Crescent Societies
Global First Aid Reference Centre