



This publication "First Aid and Secondary Care Guide for People with Disabilities" is developed within the framework of the project "Do Care (Disability Oriented first aid and secondary CARE)" (101049882 – Do Care – ERASMUS-SPORT-2021-SSCP)

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



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Principles of Providing First Aid



DO CARE Training

Enhancing First Aid and
Secondary Care for Athletes
with Disabilities

1 Prioritizing Personal Safety



- Assess the scene for potential hazards or dangers.
- Approach the injured or ill person only when it is safe to do so.
- Remember, you cannot help others if you put yourself at risk.

2 Assessing the Situation



- Quickly assess the situation and the condition of the injured or ill person.
- Determine the severity of the situation.
- Identify any life-threatening conditions that require immediate attention.
- Stay calm and act accordingly.

Keep in touch!



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3 Contacting Emergency Services



- Immediately call for professional medical help.
- Ask someone nearby to make the call if needed.
- Clearly communicate the details of the situation.
- Provide your exact location and any specific information that can aid the emergency responders.



4 Providing Appropriate Care



- Follow the "ABCs" (Airway, Breathing, Circulation) approach.
- Ensure a clear airway and assess breathing.
- Check for a pulse or signs of circulation.
- Provide care based on the individual's condition.
- Apply techniques such as CPR, wound management, or splinting as necessary.

5 Offering Reassurance & Support



In addition to physical care, emotional support is vital during emergencies.

Remember these key points:

- Reassure the injured or ill person.
- Offer comfort and maintain their dignity.
- Be a source of calm and reassurance amidst the chaos.

6 Continual Learning and Practice



- Stay informed about the latest techniques, guidelines, and protocols.
- Participate in first aid training courses.
- Refresh your knowledge and enhance your skills regularly.
- Ensure you are prepared to respond effectively in any situation.