

First aiders in the workplace: When every second counts.

What do first aiders do?

First aiders act quickly and effectively in emergency situations to save other people's lives or prevent serious consequences until professional help arrives.

Why does the University of Potsdam need first aiders?

The legal basis for this is DGUV (German Social Accident Insurance) regulation 1, § 26.

First aiders are immediately on hand in the event of an accident or medical emergency and can take immediate action. Quick and targeted first aid measures on the extensive campuses reduce the risk of serious complications and permanent damage. Especially in acute situations such as cardiac arrest or serious injuries, every minute is crucial.

The presence of first aiders creates a sense of security. Employees know that competent help is quickly available in emergencies. The location of the first aiders is indicated by stickers on the doors at the various locations:

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In stressful emergency situations, these first aiders can also provide emotional support to those affected and help to keep calm and professionally motivate others to provide or call for help.

Rapid first aid can help ensure that injured or ill employees are treated more quickly, allowing them to return to work sooner. This helps to minimize absences from work.

Many first aiders are also trained in prevention and can therefore help to identify and minimize potential hazards at an early stage. This contributes to a generally safe working environment.

Who can be a first aider?

First aiders are colleagues from their departments who have first aider training.

How can I train as a first aider?

At the University of Potsdam, there is the opportunity to take part in basic training and refresher courses organized by the German Red Cross.

Contents of the training

The one-day first-aid training course covers, among other things, life-saving immediate measures and is regularly refreshed to ensure that helpers can act quickly and effectively at all times in an emergency.

In the basic course, which should be refreshed every 2 years, you will learn everything you need to know to ensure the survival of the casualty. You will learn how to take immediate action to stabilize the condition of the casualty. This may include performing cardiopulmonary resuscitation (CPR), stopping bleeding, treating burns or correctly positioning an unconscious patient. By acting quickly and correctly, the first aider reduces the risk of serious complications and increases the chance of a full recovery.

Your tasks as a first aider in the company include, among other things:

1. rapid first aid: first aid measures such as applying bandages, performing cardiopulmonary resuscitation (CPR) or stopping bleeding can save lives.
2. reassurance and stabilization: In stressful situations, the first aider helps to keep the affected person calm and stabilize their situation until medical professionals arrive.
3. making an emergency call: The first aider ensures that professional help is called for quickly by making the emergency call and passing on the necessary information.
4. support with aftercare: After the emergency, the first aider helps to care for the affected person and can support the team in the company to document the incident and take possible preventive measures.

Where can I find the first aiders at the University of Potsdam?

[The list of company first aiders can be found on the intranet.](#)

Contact persons for training:

If you are interested and/or have questions about training, please contact the [Occupational Safety department](#).

Current dates can be found on the [intranet](#).

Automatic defibrillators at the University of Potsdam

Defibrillators have been used for many years to treat sudden cardiac death. To support first aiders at the University of Potsdam, these so-called LIFEPAK CR2 defibrillators are available at all locations.

Here you can find the overview on the [intranet](#).

Here you can find a [video](#) on how to use the device.



Summary

- Training at the University of Potsdam is free of charge
- Course registration via the Occupational Safety Department
- Duration of the basic course: 1 day
- Refresher course every 2 years