

LECTURE 2

Emergency Procedures

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- **Types of Emergencies**
- **C.A.L.M.**
- **Emergency Services – L.I.O.N.E.L.**
- **Evacuations**

Emergency Procedures

In the fitness environment you have many inherent dangers, and there can inevitably be medical, and non-medical emergencies that arise. We must understand our role as the fitness professionals and help to manage the situation to the best of our abilities.

Exercise technique may cause injury, underlying health conditions can also cause medical emergencies. Equally the health club might have a more global issue to deal with such as a fire evacuation. All these issues need to be dealt with professionally and efficiently, so it is important that you understand your role.

Remember...

Your health club will have emergency operating procedures (EOPs) available to you in order that you can be fully prepared for emergency situations, and to ensure you understand your role and responsibilities. Following the procedures will give you the best chance of dealing with the situation well, and to avoid any further issues.

So what type of emergencies might we face in the line of our work as trainers?

Fire



Chemical Spills



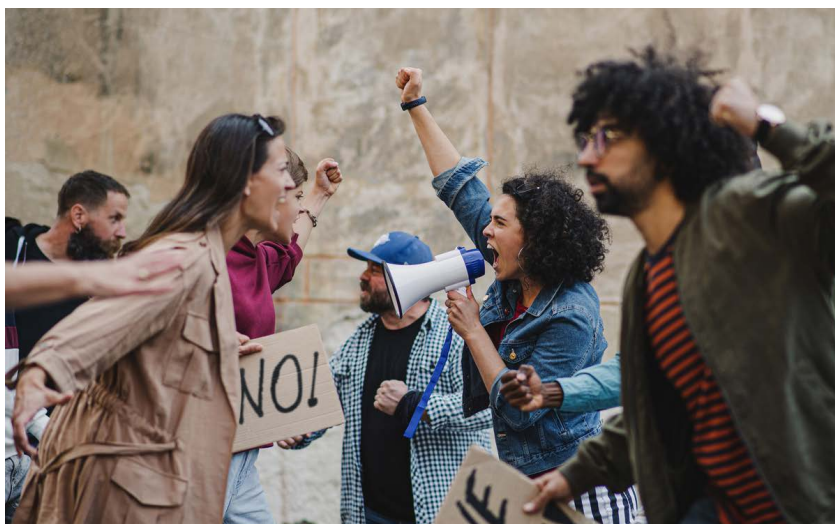
Floods



Adverse Weather



Public Disturbance



Drowning



Gas Leaks



Medical Emergency



You may also come across sudden illness or accidents in your line of work. This is inherently possible given the nature of exertion of the people at the club – sickness, dizziness and possibly more sinister issues can arise, and you must be prepared to deal with them in line with your training.

In these times you must remember the acronym **CALM** as it perfectly sums up the best way to deal with the majority of situations...

- Calm yourself - if you are not calm you will not be able to manage the situation effectively and will potentially raise more panic.
- Assess the situation - take a moment to assess the entire situation. It can be easy to rush into emergency mode without really seeing what you're dealing with. If you don't protect yourself, you may end up making things worse!
- Locate assistance - this may be a colleague or it may be the emergency services. If you cannot deal with a situation yourself then the primary focus will often be to locate assistance initially.
- Make area safe - this may be by removing obstacles, enabling easier access for the emergency services or clearing the area of bystanders

Other Things to Consider...

Emergency Services

In situations that are impossible to deal with yourself, such as medical circumstances, chemical leaks or fires you will require the emergency services.

In terms of medical situations, the emergency services should always be called if there is...

- An unconscious casualty.
- Fitting or seizures.
- Profuse bleeding.
- Persistent, severe chest pain.
- Difficulty in breathing.
- Weakness, numbness or difficulty speaking.
- Severe allergic reaction.
- Severe burns.

What to Tell Them

The emergency services will require key information about the incident, and this can be remembered using the acronym **LIONEL**:

Location - postcode, phone number and access.

Incident - give details of the incident.

Other Services - do you also need fire or police?

Number of casualties - details of casualties, number, ages etc.

Extent of injuries - what do you believe to be the injuries?

Location - repeat this information again.

If You Can Deal With It?

If the situation is not severe enough to require the emergency services, and you can deal with the incident on site, you will need to assist using first aid (and the first aid kit) and then accurately record, with a witness, what has happened and how you dealt with it in the accident report form. In some instances, you may need to report to RIDDOR also.

RIDDOR or Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (2013)

In terms of the first aid kit, the minimum requirements may include...

- Guidance leaflet and contents list.
- Sterile eye pads.
- Safety pins.
- Triangular bandages.
- Plasters: used for small cuts and grazes.
- Dressings: used to apply pressure to larger wounds and help to stop bleeding.
- Bandages: used to support joints, hold dressings in place, put pressure on wounds etc.
- Scissors: used to cut bandages or sticky tape or clothing.
- Disposable gloves.
- Face shields or pocket masks.
- Cleansing wipes, alcohol free wipes: used to clean the skin.
- Adhesive tape.
- Tweezers.
- Foil blankets: used to help retain body heat emergency first aid situations.

Other Emergency Services

The fire service can assist in events not restricted to fires. Education around fire safety as well as chemical issues at the club are examples.

The police should be called in cases of theft, public disturbance or if there is a situation at the club such as an escalated verbal or physical argument.

Evacuations

Evacuation of areas may occur in the event of fires, chemical leaks or security threats. There should be action plans prepared by the management, as well as scheduled rehearsals for staff and members so that everyone is as prepared as they can be in the event of an evacuation taking place.

You should be aware of your role, as well as the location of the assembly points. It is important also that as well as your role, you understand other staff members' roles so that you know the order of things in these events. It is also important that there is a way of knowing exactly how many people are in the building and who they are so that you can perform an effective roll call and ensure everyone's safety.

Health clubs welcome a wide variety of people through the doors, and as such, they must make adequate provisions to keep them all safe. The following populations are some that we need to consider:

Older People



Depending on the situation, we need to consider how best to assist older adults in an emergency. In the event of an evacuation, we may need to offer physical assistance so that they can safely and efficiently evacuate the building.

In a medical situation we need to consider the member's physical conditions and the nature of the medical event.

Adolescents



Adolescents, depending on age, may not understand the nature of an emergency. In an evacuation you may need to assist them physically to exit the building. There should always be supervision.

You should remain calm when dealing with children so as to not raise panic or concern, and explain the situation so that they can understand why they are being evacuated.

In a medical emergency it is important to remain calm and to notify family as well as calling emergency services if required.

Disabled Members



When dealing with medical emergencies with disabled members you should consider the nature of the event as well as the disability and involve important parties if necessary.

In the event of an evacuation, you may need to physically assist and use disability accessible routes to exit the building.

Explanation of why you are evacuating can be important as well so as not to raise panic but to offer awareness.

Pre/Post Natal



Pre and post-natal clients are more of a concern for us safety-wise when it comes to programming. However, you need to be aware if there is anyone pregnant or post-natal using the club during an emergency as their ability to evacuate may be compromised.

You should also be aware of the main issues that you might find during exercise, such as dizziness and shortness of breath and ensure you don't work this population too hard.

It is important that any incident such as evacuation or medical emergencies are accurately recorded and verified by witnesses if possible. You should always record as accurately as possible and may also need to report to RIDDOR.