



## Volunteering as a Community First Responder

### Information for Employers

#### What is a Community First Responder?

Community First Responders (CFRs) are volunteers that provide an essential part of our emergency response capability, giving immediate care and support to patients while an ambulance is on its way. CFRs live within their local community, are able to respond quickly and provide an early intervention in situations such as cardiac arrest, stroke and respiratory difficulties. This can dramatically improve patient survival and recovery.

#### What previous experience or skills will a volunteer need to become a Community First Responder?

Volunteers come from a wide range of backgrounds and do not need to have any previous medical training. They must be committed however to providing a professional level of care to others, be flexible and able to work under pressure.

To be a Community First Responder you also need to be:

- At least 18 years old
- Be able to drive and have a vehicle available for use
- Able to demonstrate and maintain a good level of fitness
- An effective communicator with good interpersonal skills
- Able to demonstrate a logical approach
- Able to work under pressure and stay calm
- Able to meet the requirements of a PVG check

#### What training do Community First Responders receive?

Volunteers are trained by our specialist trainers in a range of life saving skills such as Cardio Pulmonary Resuscitation (CPR) as well as how to use emergency equipment such as an Automated External Defibrillator (AED) and how to administer oxygen therapy. CFRs must maintain these skills throughout their time volunteering with the Scottish Ambulance Service.

#### Are Community First Responders exempt from driving laws when responding to a call on behalf of the Scottish Ambulance Service?

No. CFRs are not exempt and must abide by road traffic legislation when responding to a call on behalf of the Scottish Ambulance Service.

#### What is the time commitment required to be a Community First Responder?

There is no minimum time commitment required. The vast majority of our volunteer CFRs manage their CFR role around their daily work and family commitments. There is however a need to undertake regular monthly training, these are sessions facilitated by a local CFR scheme and are normally held in the evening.

If a member of your staff would like any further information about becoming a volunteer Community First Responder with the Scottish Ambulance Service please contact [sas.crsupport@nhs.scot](mailto:sas.crsupport@nhs.scot)