



Life-saving first aid tips in the palm of your hands..courtesy of the Red Cross

Wilson, J. J., Johnston, W. D. J., & Tully, M. A. (2016). Life-saving first aid tips in the palm of your hands..courtesy of the Red Cross. *British Journal of Sports Medicine*, 50(24), 1554-1555. Advance online publication. <https://doi.org/10.1136/bjsports-2016-096352>

[Link to publication record in Ulster University Research Portal](#)

Published in:
British Journal of Sports Medicine

Publication Status:
Published online: 06/06/2016

DOI:
[10.1136/bjsports-2016-096352](https://doi.org/10.1136/bjsports-2016-096352)

Document Version
Publisher's PDF, also known as Version of record

General rights

The copyright and moral rights to the output are retained by the output author(s), unless otherwise stated by the document licence.

Unless otherwise stated, users are permitted to download a copy of the output for personal study or non-commercial research and are permitted to freely distribute the URL of the output. They are not permitted to alter, reproduce, distribute or make any commercial use of the output without obtaining the permission of the author(s).

If the document is licenced under Creative Commons, the rights of users of the documents can be found at <https://creativecommons.org/share-your-work/licenses/>.

Take down policy

The Research Portal is Ulster University's institutional repository that provides access to Ulster's research outputs. Every effort has been made to ensure that content in the Research Portal does not infringe any person's rights, or applicable UK laws. If you discover content in the Research Portal that you believe breaches copyright or violates any law, please contact pure-support@ulster.ac.uk

Life-saving first aid tips in the palm of your hands... courtesy of the Red Cross

Jason J Wilson,^{1,2} William D J Johnston,³ Mark A Tully^{1,2}

¹Centre for Public Health, School of Medicine, Dentistry and Biomedical Sciences, Queen's University Belfast, Belfast, UK

²UKCRC Centre of Excellence for Public Health, Belfast, UK

³School of Medicine, College of Medical, Veterinary and Life Sciences, University of Glasgow, Glasgow, UK

Correspondence to

Dr Jason J Wilson, Centre for Public Health, School of Medicine, Dentistry and Biomedical Sciences, Queen's University Belfast, Belfast, BT12 6BA, UK; jason.wilson@qub.ac.uk

Accepted 17 May 2016
Published Online First
6 June 2016

NAME OF THE MOBILE APPLICATION

First Aid by British Red Cross

CATEGORY Health and fitness

PLATFORM

Android (2.2 and above), iOS (8.0 and above), Windows phone (8.1 and 10)

COST Free

ABOUT THE APP

The 'First Aid by British Red Cross' app has been designed to enable members of the public to learn appropriate first aid management, before and during an emergency.¹ The British version of the First Aid app has been adapted for use in 76 countries.¹

The First Aid app is divided into five sections. The 'Learn' section (figure 1) contains easy-to-understand advice for 18 different emergency situations, each presented using key points and animations. Each situation is summarised using 15–

30 s video clips, which facilitates different learning styles. To supplement the key points, FAQs are also included for those wanting further knowledge. The 'Prepare' section gives detailed advice on being ready to deal with 13 different emergency situations. Advice for essential items for inclusion in a grab bag (first aid kit, whistle and toiletries etc) and 10 tips for coping with most emergency situations are also specified. Interactive checklists are provided along with links to related first aid situations. The 'Emergency' section (figure 2) is instantly accessible and gives more concise information than that in the 'Learn' section, providing 2–4 key points for each emergency situation. There are also video clips containing visual, textual and audio instructions for each emergency situation. Relevant emergency numbers are included.

The 'Test' section (figure 3) allows users to test their learning by undertaking 13 interactive quizzes containing 2–5 questions each. The questions require answering multiple choice questions, tapping correct body areas for certain first aid procedures and dragging a slider to specify the time for performing certain first aid procedures. Successfully completing a quiz unlocks an achievement badge, which acts as a fun incentive and can

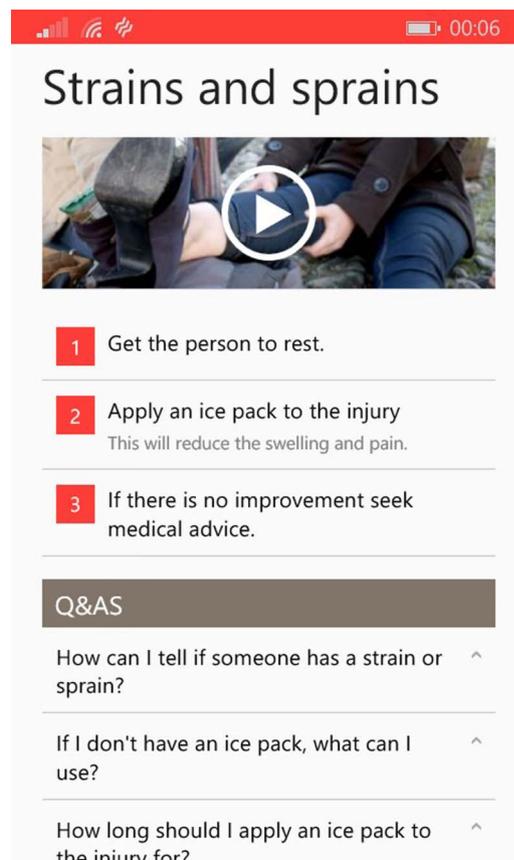


Figure 1 The 'Strains and sprains' subsection in the 'Learn' section of the First Aid app.

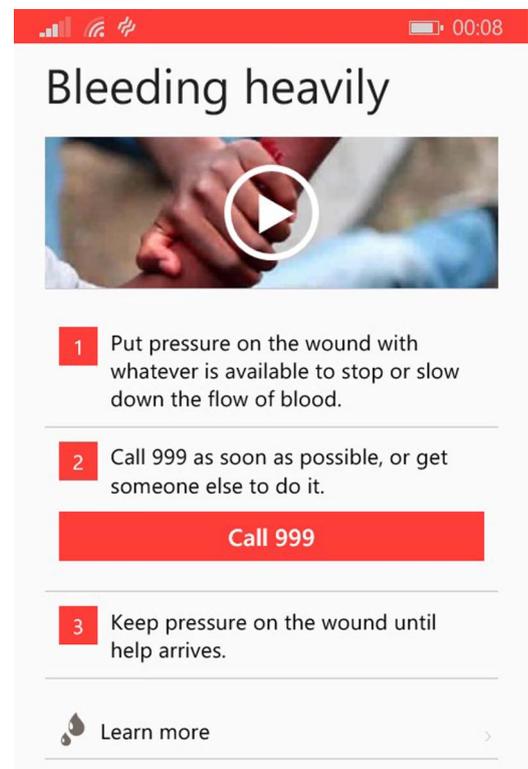


Figure 2 The 'Bleeding heavily' subsection in the 'Emergency' section of the First Aid app.



To cite: Wilson JJ, Johnston WDJ, Tully MA. *Br J Sports Med* 2016;**50**:1554–1555.

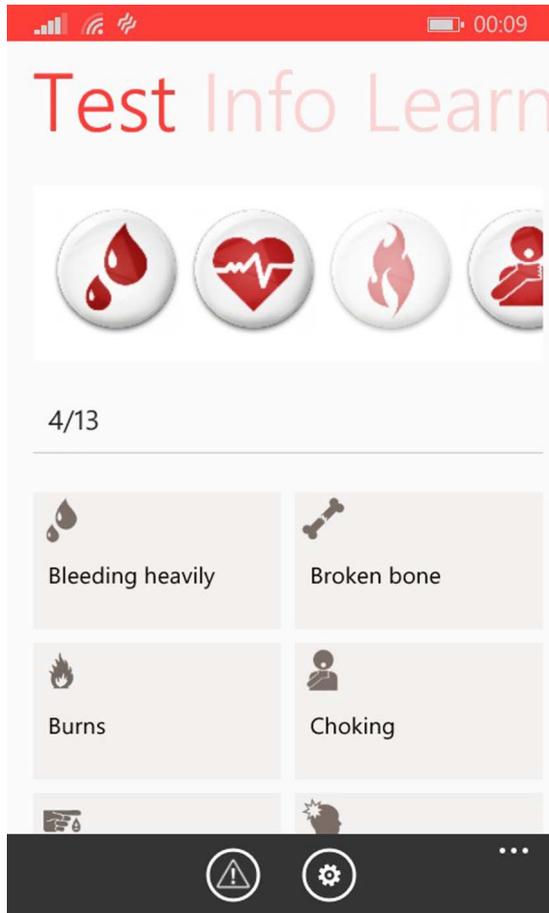


Figure 3 The 'Test' screen in the First Aid app showing some of the available tests and the achievement medals earned.

be easily shared on social media such as Twitter and Facebook. The 'Info' section contains additional details for individuals interested in learning more about the Red Cross. Web links are also provided within some subsections to allow interaction with the Red Cross (eg, volunteering and booking onto a first aid training course).

USE IN CLINICAL PRACTICE

Although the First Aid app contains some emergency situations not related to sports and exercise settings (eg, meningitis and burns), the app contains other emergency situations in these settings (eg, strains and sprains, head injury and diabetic

emergency). The First Aid app is a useful refresher tool for those who have previously attended a first aid training course, but who may not have access to a formal refresher training course. For individuals regularly taking part in exercise, volunteering at sports clubs, competing in sports events and/or volunteering during larger sporting events such as marathons and cycle sportives, the First Aid app would be a useful reference point for knowing how to deal with an emergency situation. With increasing numbers of individuals possessing smartphones, it is now more feasible for sports clubs/event organisers to recommend that competitors and volunteers download the First Aid app before competing or volunteering.

PROS

- ▶ Acts as a free first aid refresher tool.
- ▶ Provides a mix of text, still images, animations and videos with text and speech, to effectively demonstrate and teach first aid techniques for various situations.
- ▶ Thirteen interactive tests are available to assess the lessons learned.
- ▶ It has an intuitive interface that is quick, easy-to-use and suitable for all ages.
- ▶ All content is contained within the app, meaning no internet access is required.
- ▶ Available across all smartphone platforms.
- ▶ Different country-specific versions exist (eg, Irish, American, Nigerian, Jamaican, Australian and Chinese).

CONS

- ▶ Not a replacement for proper face-to-face first aid training; only complementary to previous training.
- ▶ This is a general first aid app not specifically designed to cover all possible sports and exercise-related emergency situations (eg, neck injuries).
- ▶ In an emergency situation, checking the application is unlikely to be the first thing someone would do.

Twitter Follow Jason Wilson at @JJW_Research and Mark Tully at @marktully_qub

Contributors JJW, WDJJ and MAT tested the app. JJW wrote the first draft of the manuscript. WDJJ and MAT critically revised the manuscript. All the authors approved the final version of the manuscript.

Competing interests None declared.

Provenance and peer review Not commissioned; externally peer reviewed.

REFERENCE

- 1 Trilateral Research Ltd., Fraunhofer Institute for Open Communication Systems, Asian Disaster Preparedness Center, Utah State University. Comparative review of the First Aid App. *Global Disaster Preparedness Center*, 2016:6–31.