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

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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

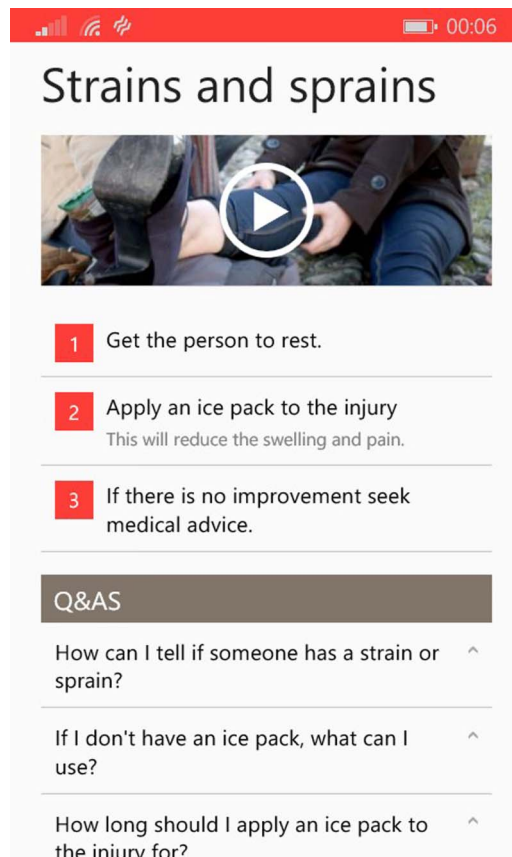


Figure 1 The 'Strains and sprains' subsection in the 'Learn' section of the First Aid app.

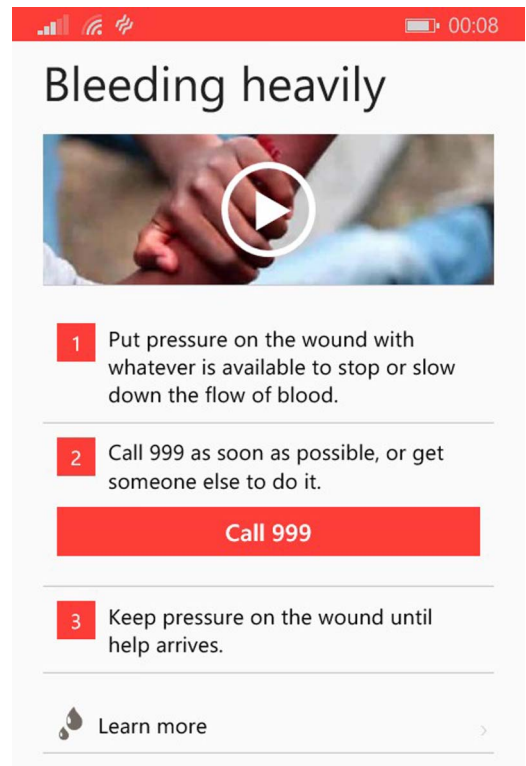


Figure 2 The 'Bleeding heavily' subsection in the 'Emergency' section of the First Aid app.



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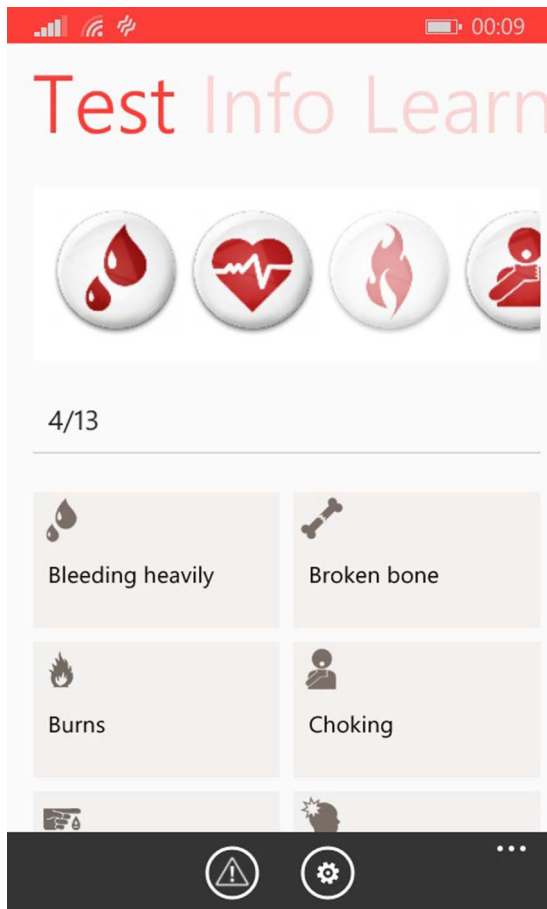


Figure 3 The 'Test' screen in the First Aid app showing some of the available tests and the achievement medals earned.

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.

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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.

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- 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.