COMMUNITY
F1RST
RESPONDER

Help Save Lives

Community First Responders (CFRs) provide life-saving treatment to patients in their local community during the vital first minutes of a medical emergency, until an ambulance arrives.

As authorised volunteers for Yorkshire Ambulance Service (YAS), CFRs work as part of a dedicated team to help reduce the number of pre-hospital deaths in the region. The first few minutes of a medical emergency are critical and if effective treatment can be provided within that time, **lives can be saved.**

Our CFRs come from all walks of life and volunteer with us for a variety of reasons. No previous medical training is necessary, however you must be able to cope with potentially distressing situations, be aged over 18, hold a full driving licence and have access to a car.

Currently recruiting in Bishopthorpe!

What training is provided?

We train all our CFRs in basic life support (BLS) skills including cardiopulmonary resuscitation (CPR), defibrillation and oxygen therapy and equip them with an automated external defibrillator (AED), oxygen and a first aid kit.

What happens when a CFR is called to an emergency?

When a 999 call is received and an ambulance dispatched, a CFR on-call in the area can be alerted and asked to attend the incident to ensure assistance reaches the patient as quickly as possible.

The role often involves simply providing reassurance to patients and their families until ambulance clinicians arrive. However in extreme cases, such as a heart attack, they can perform CPR or use their defibrillator to restart someone's heart.

How much time do CFRs commit?

Training is delivered over a number of sessions and generally takes around 20 hours in total. Once trained, CFRs must commit to being on call for a minimum of 4 hours a week.

YAS-16-031-03

We're currently recruiting CFRs in Bishopthorpe. If you think you've got what it takes please contact us now on:

- 0333 1300516
- responders@yas.nhs.uk
- www.communityresponders.yas.nhs.uk