

Emergency procedures



Unit: Health, safety and welfare in a fitness environment

Emergency procedures

TASK

Make a list of all the different types of emergency that may occur in a fitness environment.

Describe the roles of staff and the emergency services in different types of emergency.



Emergencies in a fitness environment

Some examples are:

- Accidents/injuries to members (e.g. muscle strain or dropping a weight on a body part).
- Medical illnesses (e.g. heart attack, stroke, diabetic episode, asthma attack).
- Fires or chemical spillages/leaks.
- Unidentified package (bomb alert).



Internal roles

Managers and directors	<ul style="list-style-type: none">• Overall responsibility for health and safety in the workplace.• Implement specific policies and procedures.• Appoint appropriate staff to manage key roles/duties.
Duty first aider	<ul style="list-style-type: none">• Provide emergency first aid.• Call the emergency services, if required.• Log accidents in the incident book.
Health and safety officer	<ul style="list-style-type: none">• Develop appropriate procedures for managing emergencies.• Assess and manage all health and safety in the workplace.
Fire warden	<ul style="list-style-type: none">• Manage evacuation of specific area.• Take registers.• Inform main emergency service of any missing persons.
All staff	<ul style="list-style-type: none">• Follow organisation procedures.• Report hazards and risks.• Assist with risk management for own work area.

Managing accidents and sudden illnesses

An individual's ability to deal with accidents/illnesses will vary greatly, depending on any first aid qualifications they hold.

However, the role of any person when facing an accident/emergency situation can be summarised using the acronym **CALM**.

- **C**alm yourself.
- **A**ssess situation.
- **L**ocate assistance if available.
- **M**ake area safe.

Emergency services (EMS)

The EMS should be called when there's a:

- Fire.
- Chemical spillage.
- Security threat, e.g. bomb.
- Medical emergency or accident:
 - Casualty is unconscious.
 - Suspected head, neck or spine injury.
 - Suspected fracture or severe dislocation.
 - Severe external bleeding.
 - Suspected internal injury.
 - Serious medical problem, such as heart attack, asthma attack or diabetic emergency.
 - You feel unable to handle the situation yourself or the casualty's condition is worsening.



Emergency situations

CONSIDER

Why is it important to remain calm and follow procedures in an emergency situation?



The importance of remaining calm



All staff must follow company EAPs to:

- Ensure the safety of people within the fitness facility.
- Avoid inflicting panic on others and to prevent further harm.
- Reduce employee liability if any harm befalls people within the facility.
- Ensure a verified and optimally agreed course of action is followed.

Safety of special populations

TASK

How would you maintain the safety of the following groups in different emergency situations:

- Children.
- Disabled people.
- Older adults.



Children in an emergency

Children are likely to express their feelings in different ways to an adult during an emergency.

It is advisable to:

- Explain what is happening.
- Listen to them.
- Give direct, short and truthful answers.
- Avoid trivialising their feelings.
- Remain calm and positive.



Disabled people in an emergency



Emergency scenarios will vary depending on the needs of the disabled person.

Be aware of any possible restrictions for designated evacuation routes.

Lifts are normally prohibited during an evacuation.

When using stairs, a helper should serve as a guide and allow a visually impaired or blind person to follow with a hand on their shoulder.

Wheelchair users may require extra aids and assistance to descend evacuation stairwells.

Older people in an emergency

Older adults with limited movement capability may need the same guidance as given for disabled people.

The extent of the limitations in the older adult membership of a facility should be considered in relation to risk assessment and strategies for evacuation.

