



St John
Scotland

Saving lives together

Community First Responder

Our community first responders are volunteers who are trained by the Scottish Ambulance Service to attend certain types of emergency calls in the area where they live or work. Their aim is to reach a potential life-threatening emergency in the first vital minutes before the ambulance crew arrives.

Their role is to help stabilise the patient and provide the appropriate care until the more highly skilled ambulance crew arrives on scene to take over the treatment.

They are usually based in rural communities where our crews have longer to travel to the patient.

A Community First Responder may be tasked by the Scottish Ambulance Service to attend the following types of emergencies:

- Cardiac arrest
- Heart attack
- Stroke
- Choking
- Diabetic emergencies
- Breathing difficulties
- Patients suffering a seizure
- Chest pains
- Unconscious patients

St John Scotland supports a number of Community First Responder groups across Angus in Montrose, Brechin, Carnoustie, Kirriemuir, Arbroath and Forfar.

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Eligibility

To become a volunteer First Responder you must be:

- at least 18 years old
- have a full driving licence, with a maximum of three penalty points
- able to demonstrate and maintain a level of fitness to meet the role
- an effective communicator with good interpersonal skills
- able to demonstrate logical approach
- work under pressure, yet stay calm
- have a desire to learn
- reside or work in the area in which the scheme is based
- able to respond without delay to incidents
- complete a criminal records check (Enhanced Disclosure Scotland check)
- have some first aid knowledge (not essential)
- long term commitment to the role

Training commitments

Monthly training delivered by Scottish Ambulance Service