

# Seven key facts about the press release

“First aid: only one in every two people feels confident enough to help in an emergency.”

**A recent study conducted by the Swiss Red Cross and Helsana reveals people’s skills and behaviour when it comes to first aid.**

A total of 3,000 people from all the language regions of Switzerland were surveyed for the study, which was based on online panels from Sotomo and Intervista. Statistical weighting was used to ensure that the study’s results are representative of the whole Swiss population aged 18 and over. The survey was carried out in July 2020.

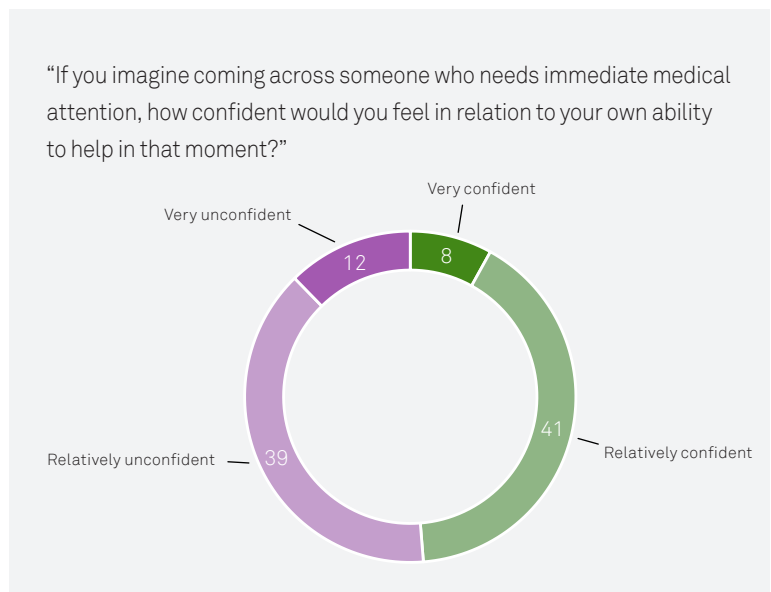


## Fact 1

**Just over half the population doesn’t really know how to help someone in an emergency.**

Only one person in twelve feels very confident about their ability to help in a medical emergency.

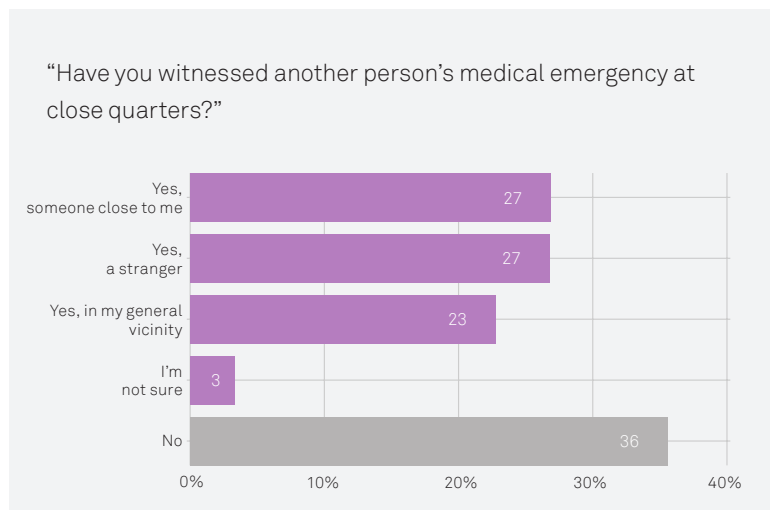
This confidence in their own abilities to help in a medical emergency depends heavily on their knowledge of first aid.



## Fact 2

**Almost two thirds of the Swiss population has witnessed another person’s medical emergency at close quarters.**

Situations with strangers (e.g. in traffic) are experienced about as often as emergencies with family members. Around every fifth person has suffered a medical emergency themselves (see Fig. 3 in the study).

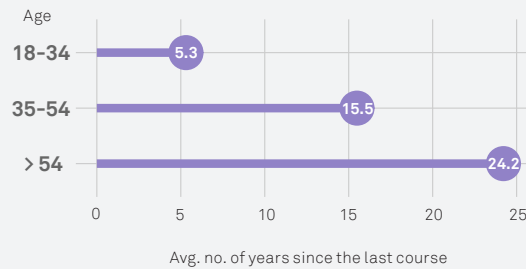


### Fact 3

## Knowledge is lacking or outdated: most people last attended a course many years ago.

People usually attend first aid courses as a young adult when learning to drive. It appears that a lot of knowledge is lost when no first aid course has been taken for a long time.

“How long has it been since you last took part in a first aid/emergency first aid course?”  
(Enter the number of years.)

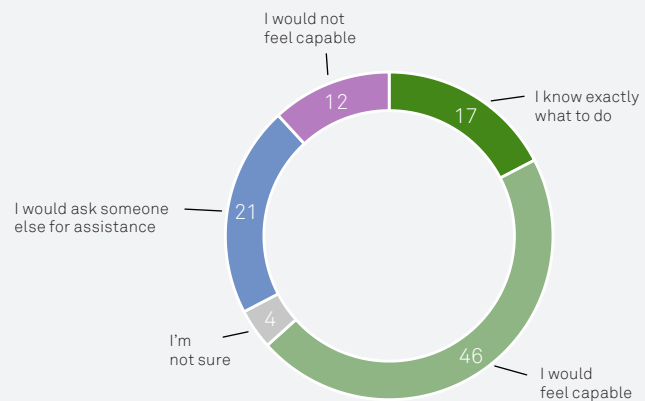


### Fact 4

## There is little specific knowledge of first aid techniques

Around two thirds of the survey participants have major gaps in their knowledge of measures such as chest compressions, defibrillators and aids like the current CABD technique. Only 17% of those surveyed know how to properly do chest compressions.

“Would you feel capable of giving someone chest compressions?”



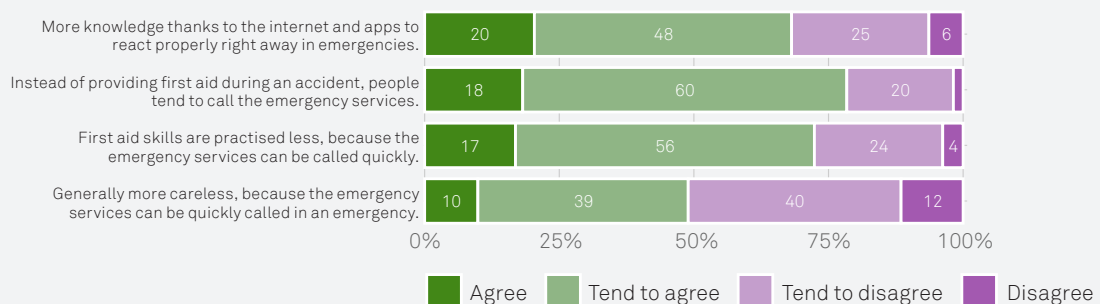
### Fact 5

## Digitization hasn't yet had an impact on first aid

Most of the people surveyed think that the increased use of smartphones has resulted in a more passive attitude in emergencies. This means that first aid skills are used less, and people more often simply call the emergency services

instead of providing further assistance. However, a majority also think that the increased use of smartphones in an emergency provides more immediate knowledge for an effective response.

“In your opinion, how has the spread of smartphones affected the way medical emergencies are dealt with in Switzerland? Evaluate the statements.”



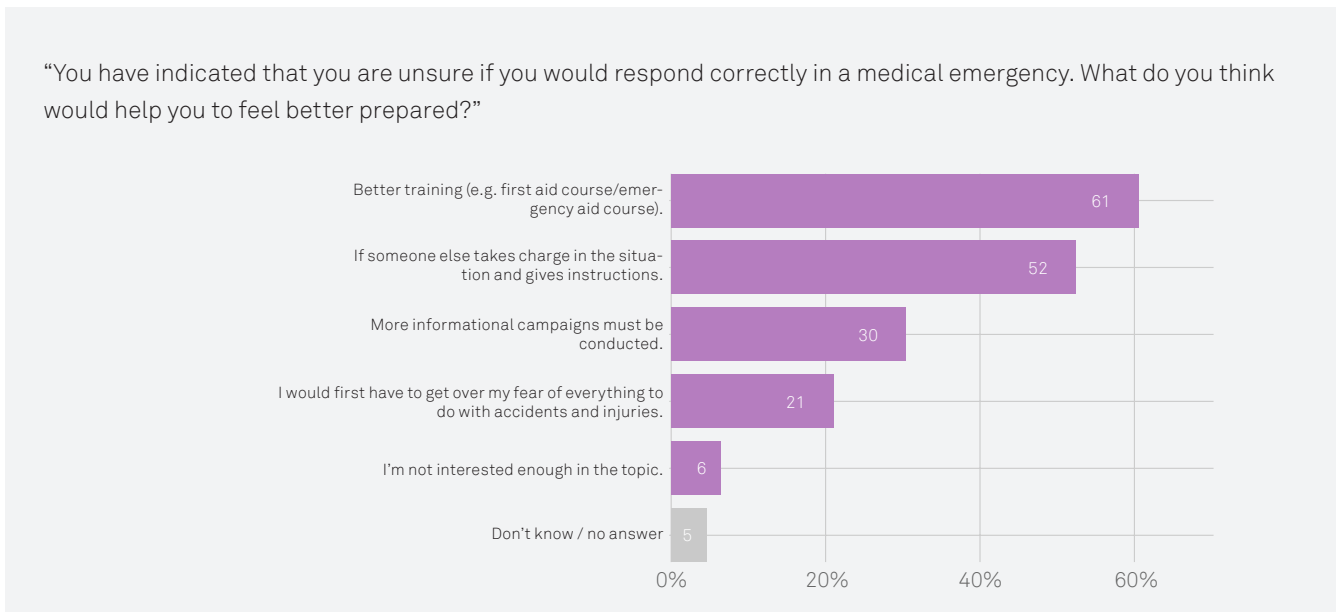
**Fact 6**

**There is a real need for action in terms of imparting knowledge**

It is clear that greater knowledge is linked to greater self-confidence in emergency situations. If someone has more knowledge, they are more likely to act or take on more challenging first aid tasks.

The survey participants were overwhelmingly clear in their support for expanding first aid training. A large majority say that the existing emergency aid courses should be supplemented

by compulsory courses in schools and companies (see Fig. 35 in the study) – and a third say that private and public institutions should invest more money in prevention campaigns to spread first aid knowledge. On the other hand, the claim that existing courses should be replaced by apps or online courses did not find many supporters (see Fig. 36 in the study).

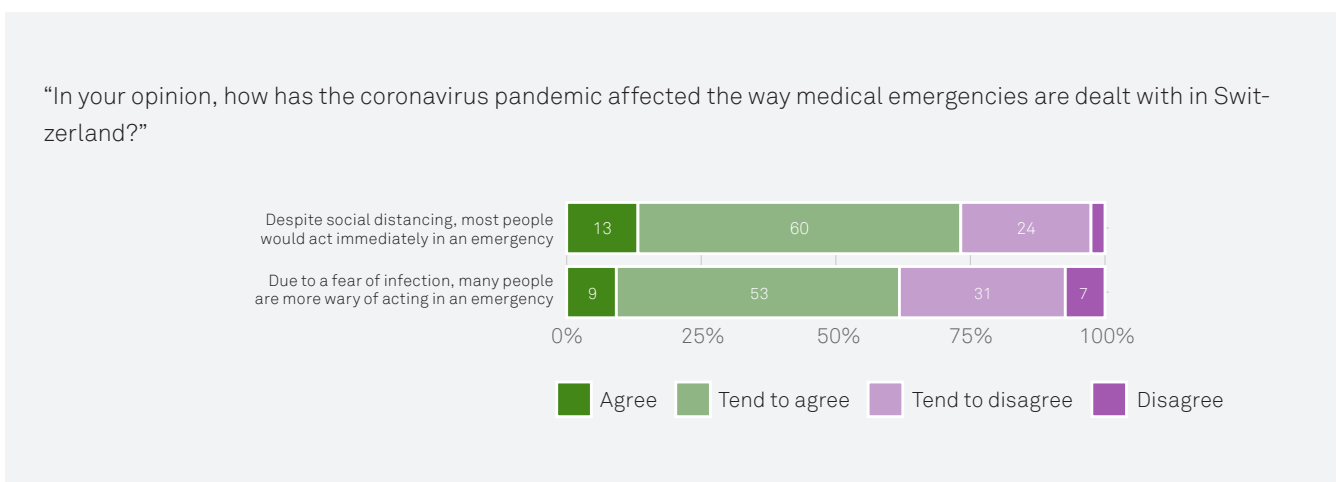


**Fact 7**

**Coronavirus is no barrier to first aid**

Despite the rules on social distancing, most people would definitely still provide first aid. Understandably, however, the high-risk group of older people are much more

likely to think that the Swiss population's willingness to help has declined because of fear of infection.



## Summary of the study

In general, there seems to be a lot of potential for improvements when it comes to first aid and the Swiss population – both in terms of skills and behaviour.

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### The Swiss Red Cross and Helsana

Helsana and the SRC entered into a three-year partnership at the start of 2020. Both organisations are committed to the life and health of society.

One of the main focuses of the partnership is raising awareness of the importance of first aid among the Swiss population.

The SRC and its rescue organisations the Swiss Samaritans (SSB), the Swiss Army Medical Association (SMSV), the Swiss Life-Saving Association (SLRG) and the Swiss Disaster Dog Association (REDOG) are active in the field of rescue and first aid, and offer related training sessions.

The Helsana Group is the leading health and accident insurer in Switzerland. It offers individuals and companies a complete health and prevention service in the event of sickness and accident.

You can find the full study with additional analysis here:  
[redcross.ch/studie-erste-hilfe](https://redcross.ch/studie-erste-hilfe)