



Nicolette Spelic
phone: 0899414861
email: spelic_nicolette@icloud.com
web: www.skillwise.ie

FAR Acronyms

| Acronym | Meaning | Used For |
|---------|---|--|
| AB | Airway and Breathing | Core check in casualty assessment |
| ABBA | Allergic to Aspirin, Bleeding disorder, Bleeding ulcers, Age under 16 years | Aspirin Administration |
| ABC | Airway, Breathing, Circulation | Basic life support sequence |
| ACBC | Assess, Call, Back-up, Care | Steps in emergency response planning |
| ACR | Ambulatory Care Report / Patient Report Form | Documentation used by responders |
| AED | Automated External Defibrillator | Used to restore normal heart rhythm in cardiac arrest |
| AMPLE | Allergies, Medications, Past history, Last meal, Events | Expanded version of SAMPLE |
| ASC | Altered State of Consciousness | Medical condition needing assessment |
| AVPU | Alert, Voice, Pain, Unresponsive | Assessing level of consciousness |
| BSA | Body Surface Area | Used for burn assessment |
| CCRAB | Catastrophic Bleeding, C-Spin, Response, Airway, Breathing | To identify any life-threatening injuries |
| CFR | Cardiac First Response | Specific training level focused on cardiac emergencies |
| CISM | Critical Incident Stress Management | Mental health support after traumatic events |
| CLIPS | Contused, Lacerated, Incision, Penetrations, Special | Types of wounds |

| CPG | Clinical Practice Guidelines | Guidelines used by PHECC-trained practitioners |
|---------|---|---|
| CPR | Cardiopulmonary Resuscitation | Chest compressions and rescue breaths |
| DOTS | Deformities, Open wounds, Tenderness, Swelling | Physical injury check |
| DRABC | Danger, Response, Airway, Breathing, Circulation | Primary assessment of a casualty |
| EMS | Emergency Medical Services | Ambulance or paramedic response services |
| FAR | First Aid Responder | |
| FAST | Face, Arms, Speech, Time | Stroke recognition tool |
| FBAOCME | Foreign body airway obstruction – conscious, mild, effective | Aid in airway blockage assessment |
| FHFFP | Face, Hands, Feet, Flexion, Pulse | Trauma or cold injury assessment |
| PEEPS | Personal Emergency Evacuation Plans | Plans for individuals with mobility/support needs |
| PHECC | Pre-Hospital Emergency Care Council | Regulatory body for FAR training in Ireland |
| PMA | Positive Mental Attitude | Encouraged mindset during training/rescue |
| PPE | Personal Protective Equipment | Used to protect rescuer (e.g. gloves, mask) |
| PTS | Post-Traumatic Stress | Mental health concern after high-stress events |
| RICE | Rest, Ice, Compression, Elevation | Treatment for soft tissue injuries |
| SAMPLE | Signs/Symptoms, Allergies, Medications, Past history, Last intake, Events | Gathering patient history |
| SPLINTS | Support, Padding, Length, Immobilise, No movement, Tie, Support again | Fracture immobilisation |
| STRESS | Support, Talk, Rest, Eat, Sleep, Self-care | Mental health recovery model |