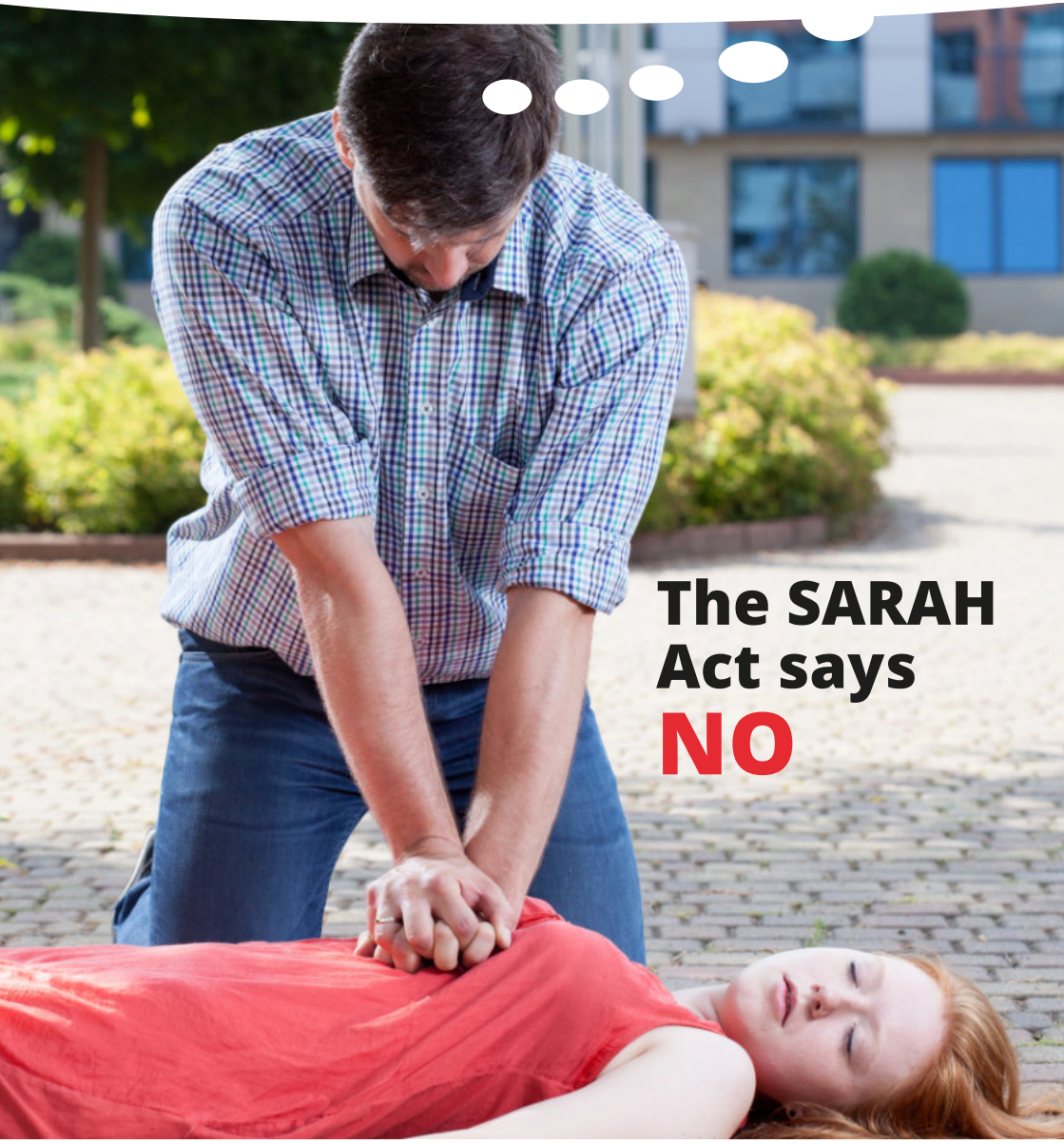
Can I be sued for giving First Aid?



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It's a situation no one ever wants to be in. Someone is unconscious, not breathing, and in urgent need of CPR. You want to help but one persistent question stops you:

"What if I get sued?"

It's a fear that many people share and, sadly, it can make the difference between life and death. According to the Resuscitation Council UK, fewer than 1 in 10 people survive an out-of-hospital cardiac arrest. However, survival chances increase dramatically when CPR is started quickly—and even more so with the use of an AED. Hesitation caused by legal fears can cost lives, so it is crucial to reassure people that they are protected.

The **Social Action, Responsibility and Heroism (SARAH)** Act 2015 is a UK law created to offer legal reassurance to people who step in to help others, such as by providing First Aid. Although there has never been a successful case of suing a first aider in the UK, even prior to 2015, the SARAH Act was created to further strengthened this position.

What does the SARAH Act do?

The Act tells UK courts to consider the context in which something happened. It covers three main things:

1. ***Social Action** – Did the person act for the benefit of society or others?*
2. ***Responsibility** – Did they demonstrate a generally responsible approach?*
3. ***Heroism** – Were they acting heroically by intervening in an emergency?*

If a case goes to court, a judge is required to take these into account when deciding if someone was negligent.

Thanks to the SARAH Act, individuals in England and Wales who act in good faith to help others—like giving CPR—are legally protected. The Act tells courts to consider whether someone acted heroically or responsibly for the benefit of others, to protect First Aiders from unfair legal consequences.

If you try to help someone in an emergency, the law is on your side.

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