

Northern Periphery Programme 2007-2013

# FINAL CONTENT REPORT

<b>Project Name:</b>	The cooperation for safety in sparsely populated areas
<b>Project Number:</b>	304-6825-2008
<b>Date Submitted:</b>	30.11.2011



**Address:**

Northern Periphery Programme Secretariat  
Strandgade 91, 4. sal  
DK-1401 Copenhagen K  
DENMARK

E-mail: [secretariat@northernperiphery.eu](mailto:secretariat@northernperiphery.eu)

Website: [www.northernperiphery.eu](http://www.northernperiphery.eu)

# FINAL CONTENT REPORT

 Northern Periphery Programme 2007–2013		Final Content Report - version 1.1	
		For Programme Secretariat use only	
		Registration no:	x.x
		CAV number:	xxx-xxxx-xxx
		Date of arrival:	dd-mm-yyyy

## 1. Introduction

In a few lines, provide a short introduction to your project story. **Note:** This text should be able to stand alone.

*Max 500 characters*

Improved disaster preparedness and better prehospital care will increase the basic safety for inhabitants and visitors in the Northern periphery. The frequency of major disasters in this region is low, but a major incident will occur sooner or later. In these sparsely populated areas the resources are limited in terms of trained personnel, adequate equipment and transport capacity. These matters provide challenges during rescue operations in these areas together with harsh weather conditions and long transport distances. The CoSafe project has been working with these issues to improve the safety for inhabitants and visitors in remote rural areas.

## 2. Project Story

Provide an account of your project by explaining its context, important milestones and how the project reached its outcomes.

Mandatory points to be covered:

- Project context and purpose: what main issue the project aimed to address, what solution the project aimed to provide, who the end beneficiaries of the outcomes are, etc.
- Milestones and most important achievements (tangible and intangible)
- Decisions points that were critical for the project's success
- Future viability of the project outcomes
- Status at the time of project closure and next steps

*Max 3000 characters*

Major accidents and disasters are rare in the sparsely populated areas of northern Europe. The experience to manage these situations is limited and it is therefore crucial to improve the preparedness to be able to manage these events. In these areas of the Northern periphery the resources are limited in terms of trained personnel, adequate equipment and transport capacity. These matters provide challenges during rescue operations in remote and rural areas. Long transport distances and adverse weather conditions increase the difficulties for rescue workers and affect the casualties' chances to get optimal treatment.

# FINAL CONTENT REPORT

The aim of CoSafe was to increase the preparedness for major accidents in sparsely populated areas and to develop the emergency medical care in the region.

The general experiences from the project were;

- The management of major accidents and disasters in sparsely populated areas is complex. There is no single solution but a number of gaps that needs to be filled in order to be able to be better prepared. A number of products and services have been developed by the CoSafe project which covers different aspects of the preparedness and management of major accidents and disasters.
- All who will take part in managing major accidents have to be trained, well aware of the special conditions and with equipment suitable for work in these areas.
- There is a need for cooperation between countries with sparsely populated areas in order to share experiences, establishing networks and agreements, bringing out good examples of suitable equipment, transport solutions and securing communication systems which function in remote rural areas.

The main achievements of the CoSafe project are;

- An NPP network for disaster management in sparsely populated areas, the CoSafe network.
- Sharing experiences with each other and increasing the knowledge about managing major accidents and disasters in remote and rural areas.
- Development and delivery of more than 40 products and services useful in training, planning and management of major accidents and disasters, especially adapted for sparsely populated areas.

The products and services covers these main areas;

1. **Reports** which provide increased knowledge about organisation, preparedness and knowledge of rescue workers in the rural areas of Scotland, Iceland, Finland and Sweden.
2. **Innovative use of geographic information systems** for planning disaster preparedness and for easy and rapid access to equipment and other resources during an incident.
3. Enhanced **safety** for casualties and rescue personnel.
4. Collaborative **training methods** and both **national and transnational exercises** in management of major accidents and disasters. Products have been developed that will improve planning, execution and evaluation of exercises.
5. **Training and education material** which consists of booklets, e-learning systems and DVDs which are available for rescue workers.

# FINAL CONTENT REPORT

6. **Testing of systems and products** in order to increase the knowledge of function and usability of different equipment **in cold weather conditions**. These tests have in many cases been performed in triple helix constellations and the results will be useful in order to further develop existing products.
7. Testing of different off-road **transportation solutions** for casualties in order to find the most appropriate alternative for transportation.
8. An analysis of the present and future standard for **communication** for rescue personnel and testing the usability of these devices in cold conditions.

The most important steps to ensure the projects success, was setting up goals for our work with products, services and dissemination. Workshops were held every 6 months and they have been important in terms of decision points and milestones in the project. The seminars held have ensured the finalisation of products, services and dissemination material in timely manner.

The future viability of the project outcomes will be ensured by disseminating and implementing the results and making the results available at the CoSafe homepage for at least 5 years after project closure, [www.cosafe.eu](http://www.cosafe.eu)

The project has delivered several reports, products and services to improve the preparedness for major incidents and the emergency care in remote rural areas. There are however need for further improvements. The CoSafe network will be valuable in the future in order to improve the health and security for people living in the Northern periphery. Some of the partners are already working with a new NPP project which will address the recruitment and retention of health care professionals in remote rural areas.

### 3. **Project Outcomes: products and services**

List the products and/or services developed by your project.

**Note:**

- Only list concrete products and services, not intangible outcomes.
- Only mention the product/service name. You will need to submit a separate product/service fact sheet for each listed item.
- The number of products/services should correspond with the achieved indicators in your Final Administrative Report.

# FINAL CONTENT REPORT

1	Casualty and rescue workers in the cold (booklet)
2	Casualty protection against cold in pre-hospital care
3	CoSafe checklist
4	CoSafe network
5	Dan Medical analysis system
6	Disaster and preparedness plan
7	Dynamic injury cards
8	Emergency tent survey
9	EMS collaboration agreement between Norway and Sweden
10	First responder education
11	GUIDE
12	Heat mattress
13	Heat vest
14	Intravenous line protection system test
15	Inventory of emergency and disaster equipment
16	Katie rescue stretcher
17	Keela emergency responder severe weather clothing
18	Life support system for Sami in extreme remote areas
19	Major accidents and disasters (report)
20	NPIA emergency procedures guidance
21	Off-road casualty transportation in snow-free terrain
22	Preparedness and knowledge of rescue workers (report)
23	Preparing for major incidents in sparsely populated areas (booklet)
24	Rescue report summary (report)
25	Rescue worker´s clothing systems in the cold
26	Rescue workers perception of handling major accidents in remote areas (report)
27	SAD sharlet mnemonic
28	Safety of oxygen administration in the cold
29	SAR exercise in Taivalkoski, Finland 2009
30	Secure casualty system rescue bag
31	SNAM exercise in 2009
32	Snowsled vacuum mattress
33	Stornoway conference DVD
34	TETRA
35	Transnational emergency exercise guidance
36	UltraStethoscope
37	Usability of the Katie stretcher
38	Usability of the TETRA phones
39	Usability of the UltraStethoscope
40	Use of medicated plaster with heat releasing component in cold conditions
41	When the ice breaks DVD
Please find all the products and services fact sheets in the CoSafe Catalogue, which is available on the homepage: <a href="http://www.cosafe.eu">www.cosafe.eu</a>	

# FINAL CONTENT REPORT

## 4. Project Outcomes: producers and providers

List the producers and providers of the product and services mentioned in question 3. Also indicate which project outcome this producer/provider is delivering, by listing the project outcome number mentioned in question 3.

Organisation name ( <i>in English</i> )	City	Country	Outcome(s)
Emergency and disaster medical centre (AKMC)	Umeå	Sweden	1, 4, 7, 9, 11, 14, 15, 18, 19, 23, 26, 28, 31, 40, 41
Finnish institute of occupational health (FIOH)	Oulu	Finland	1, 2, 3, 8, 12, 13, 14, 19, 23, 25, 28, 29, 37, 38, 39, 40
Northern ostrobothnia hospital district (NOHD)	Oulu	Finland	15, 39
Regional rescue services of Oulu-Koillismaa (RSS)	Oulu	Finland	1, 13, 10, 19, 23, 29, 38
Emergency services collage (ESC)	Kuopio	Finland	10
FSA Akureyri hospital (FSA)	Akureyri	Iceland	1, 6, 19, 22, 24, 31, 34
NHS Western Isles (NHS)	Stornoway	Scotland	1, 5, 16, 17, 19, 20, 23, 26, 27, 30, 32, 33, 35, 36

## 5. Testimonials

Provide testimonials about the impact of your project and lessons learnt, from project actors, key stakeholders, programme bodies and/or end beneficiaries.

Cover **at least 3** of the following points:

- Impact of the project on the daily work in the partner organisations
- Success factors, mistakes and important lessons learnt
- Analysis of the overall project performance
- Impact of the project on the quality of life of the citizens in the NPP area
- Impact of the project on policy decisions and initiatives at the local/regional/national or international level
- Advice to future project managers
- Analysis of the partnership dynamics
- Analysis of the project's performance in information and communication

For each person providing a testimonial, mention their name, organisation (in English) and country as well as their connection to the project.

*Max. 500 characters per testimonial (excluding source reference)*

# FINAL CONTENT REPORT

## **Impact of the project on the daily work in different organisations**

*“The program has given our department important information regarding preparing exercises for responders and evaluating them. The Scottish and Finnish partners in this project have kindly handed over to us their excellent work in this area, (Preparing Scotland, Scottish Exercise Guidance and Evaluation of Rescue Operation/Exercise from the Finnish Institute of Operational Health). These tools help us to prepare exercises and evaluate them in more professional manner. This project has also given us professional contacts in other countries working on similar projects. That is very valuable.”*

Íris Marelsdóttir

National Commissioner of the Icelandic Police, the Department of Civil Protection  
Iceland

Connection to the project: Key stakeholder. End-beneficiary.

*“The Co-Safe project has widened our horizon regarding SAR in general; counter partying directly with other SAR units was priceless. We have access to reports, knowhow and people in same situation as we in other countries. ICE-SAR has not changed any procedures but the knowledge we made will surely be part of future work and projects.”*

Friðfinnur Fr. Guðmundsson

ICE-SAR, Icelandic Association for Search and Rescue  
Iceland

Connection to the project: End-beneficiary.

*“The first responder education was the best new thing in this project. We have educated over 100 volunteer and professional fire fighters by this method. I think that this education will live after many years when we have understood that how important is to work by right way against the cold. The feedback has been very good. The first responder have demanded more this like education, I think that the education will be needed also in other countries in NPP area. “*

Mika Haverinen

Oulu-Koillismaa department for rescue services  
Finland

Connection to the project: Member of CoSafe steering committee

# FINAL CONTENT REPORT

## **Success factors, mistakes and important lessons learnt**

*“Common terminology is something that is needed to go through in beginning of a project and make sure that there is a common understanding. Also the members need have the outcome in mind at all stages of the project. Perhaps this is something that we could have done better in the beginning.”*

Íris Marelsdóttir

National Commissioner of the Icelandic Police, the Department of Civil Protection  
Iceland

Connection to the project: Key stakeholder. End-beneficiary.

*“ICE-SAR did not spot the potential of the project at first so response was slow, now ICE-SAR is happy for the opportunity to take part in the project and willing to take part in future ones. We had good opportunity to participate in all stages of the project but did not have the full understanding of our role to use it to the fullest.”*

Friðfinnur Fr. Guðmundsson

ICE-SAR, Icelandic Association for Search and Rescue  
Iceland

Connection to the project: End-beneficiary.

## **Advise to future project managers**

*“1. In the beginning of a project: discuss the terminology, find goals to aim towards. Implement strategic thinking.*

*2. Delegate tasks in a formal way and put up a time frame (project management).*

*3. Find a way to come to decisions in the group. Decisions should be put into two categories, major and minor ones, and always use the same method to reach a decision.”*

Íris Marelsdóttir

National Commissioner of the Icelandic Police, the Department of Civil Protection  
Iceland

Connection to the project: Key stakeholder. End-beneficiary.

# FINAL CONTENT REPORT

## Analysis of overall project performance

*“There are many challenges when preparing and managing major incidents in remote rural areas. The CoSafe project has addressed some of these issues by delivering products and services, but also by sharing experiences and learning best practices. Throughout the project personal contacts has developed between people working with the same issues in other countries. The professional network of people in CoSafe has been and will be invaluable in the future.”*

Jim Johansson  
Emergency and Disaster Medical Centre  
Sweden  
Connection to the project: CoSafe project coordinator

*“The project was good, much better than average project. Management, information and communication worked well.”*

Mika Haverinen  
Oulu-Koillismaa department for rescue services  
Finland  
Connection to the project: Member of CoSafe steering committee

## 6. Where to get the solutions

Provide **contact details and instructions** for interested parties to obtain the complete solutions developed by the project, free of charge.

### Contact Details

Contact Person: Jim Johansson

Organisation name (*in English*): Emergency and Disaster Medical Centre (AKMC)

Address: University hospital

City/Town: Umeå

Postal Code: 901 85

Country: Sweden

E-mail: jim.johansson@vll.se

Telephone: +46 90-785 2401

Work mobile:

Website: www.cosafe.eu

# FINAL CONTENT REPORT

## Instructions

Please find the information you are interested in by following the instructions below:

1. Project story  
→ **CoSafe video** (available on the homepage, [www.cosafe.eu](http://www.cosafe.eu))
2. Brief information about all our products and services  
→ **CoSafe catalogue** (available on the homepage, [www.cosafe.eu](http://www.cosafe.eu))
3. More detailed information on some of the products and services developed in the CoSafe project  
→ **CoSafe booklets** (available on the homepage, [www.cosafe.eu](http://www.cosafe.eu))
4. Information on CoSafe dissemination activities and publications  
→ **CoSafe dissemination** (available on the homepage, [www.cosafe.eu](http://www.cosafe.eu))
5. Reports  
→ [www.cosafe.eu](http://www.cosafe.eu)
6. Audiovisual material (pictures and videos)  
→ [www.cosafe.eu](http://www.cosafe.eu)

## 7. Visualisation

Provide a telling picture or video about your project. Send the picture/video file separately, but list the filename and caption below.

**Note:** This can be the same as a picture/video from the fact sheets.

*Please find the quality criteria for audiovisual materials in the guidance.*

The CoSafe video (attached).

## 8. Supporting Documents

Please mark the relevant enclosures. For each category, provide the number of enclosed files.

- X “CoSafe video” (project story)
- X “CoSafe catalogue” (products, services and deliveries)
- X “CoSafe dissemination” (dissemination activities)
- X “CoSafe booklets” (more detailed info on experiences, products and services)

# FINAL CONTENT REPORT

## 9. Signature

Please certify that all information given is complete and correct

**Place and date**

**Authorized signature for the Lead partner organisation**

---

Name of the LP representative

### **For completion and submission to:**

Northern Periphery Programme Secretariat  
Att.: *name of Desk Officer*  
Strandgade 91, 4.sal  
DK 1401 Copenhagen K  
Denmark  
(Original blue ink signed copy)

E-mail: [secretariat@northernperiphery.eu](mailto:secretariat@northernperiphery.eu)  
(Electronic copy in Word and Excel)