

# Abstract

In the Czech Republic, citizens are legally obligated to provide first aid according to current regulations. Therefore, first aid education is incorporated into educational programs at various levels of schooling. Despite people learning how to provide first aid, it has been observed that it is often not adequately provided in real-life situations. There are several factors that can influence human responses and reduce the willingness to provide first aid. According to studies, the most common inhibiting factors include the presence of danger, fear of infection, panic and stress, insufficient knowledge of first aid procedures, and general concerns. However, most of this information has been obtained through studies conducted outside the Czech Republic. Therefore, we conducted two questionnaire studies focused on the Czech population. The respondents included representatives from the general public (N=1594) and the teaching profession (N=1876). The aim was to identify the factors that most significantly limit individuals when providing first aid. The results showed that the most important factors were related to safety aspects, emotional influences (such as panic, anxiety, feelings of disgust or nausea), and insufficient knowledge of first aid. Based on the results, didactic recommendations were proposed for pedagogical practice, which can enhance the quality and effectiveness of first aid training.

## Key words

first aid, first aid training, willingness to help, safety, disgust, emotions