

CORONAVIRUS COVID-19



Providing Safe, Socially Distanced First Aid Training

Version 1 – 1st May 2020

This is a live document and will be updated whenever new evidence or guidance comes to light in this fast moving situation.

Classroom set up:

Learners should be seated approx. 2 metres apart. This is highly likely to determine the maximum class size, so the venue must be assessed and the maximum class size ascertained prior to organising the course. We suggest a maximum class size of 8 Learners even with a large room.

Class induction process:

- 1** On arrival, screen all Learners and exclude anyone exhibiting respiratory COVID-19 symptoms which are a new continuous cough and/or a temperature $>37.8^{\circ}\text{C}$. If you have the ability to check temperatures safely and non-invasively, do so (with the Learner's permission).
- 2** Check that no Learner is in a situation where they should be self-isolating (e.g. a family member has had symptoms or the Learner should be shielding as they are in an at risk group). Exclude from the course as necessary.
- 3** ON ARRIVAL, give each Learner an alcohol wipe/gel/sanitiser and ask them to thoroughly sanitise hands. Instruct them that if they need to cough/sneeze this should be done into a tissue that is disposed of immediately. Failing that they should cough into a bent elbow (better than a bare hand) and NEVER cough/ sneeze without covering their mouth/nose. If someone coughs on their hand or uses a tissue they should use alcohol wipes/sanitizer immediately.

Supervise closely to ensure that everyone adheres to this throughout the course.

- 4** Show learners the videos below on how Covid-19 spreads and how to wash your hands:
 - a. <https://youtu.be/1APwq1df6Mw>
 - b. <https://www.youtube.com/watch?v=aGJNspLRdrc>
- 5** Explain clearly that no one should touch their mouth, nose or eyes unless they have just washed their hands or sanitised. Explain what you have available for sanitising hands (e.g. sanitising gel or alcohol wipes) and where they can wash their hands. Supervise this during the course.
- 6** Learners should maintain physical distancing throughout the entire course unless everyone is correctly wearing a surgical mask. Note that surgical masks protect others from your cough/sneeze but provide very limited protection from others. Surgical masks should be worn and removed following appropriate Infection Prevention and Control (IPC) methods and changed regularly if used.

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- 7** Prior to CPR practise, explain to Learners the protection that is in place to prevent infection during CPR practise. Added reassurance can be given by replacing the manikin lungs in front of Learners prior to practise.

Give Learners information on the following manikin IPC measures and follow them carefully:

- a. Frequently replaced lungs / airways / valves
- b. One-way valves which stop air coming back out of the manikin mouth and direct expired air out of the back of the head via a filter.
- c. Alcohol/sanitising wipes to be used between Learners, with an emphasis on scrubbing
- d. Anti-surfactant wipes (e.g. Trionic wipes) used after each session (removes any bio-film as well as germ killing)
- e. Explain that these steps alone are sufficient to prevent infection and that is all that is normally used on most first aid courses. Explain that the Health and Safety Executive and Consultant Microbiologists at NHS England have approved these measures as being sufficient, however, in the current climate; you are also issuing each Learner with a personal CPR face shield to provide double failsafe protection.
- f. Learners must use the face-shield facing the same way up each time. Check for the writing being the correct way up for example.
- g. Nip the manikin nose as usual through the face shield. Note – you should still use alcohol/sanitising wipes on the manikin between Learners even with a face shield.

- 8** Between Learners, use alcohol/sanitising wipes on the manikin face and also wipe the forehead and chest where hands were placed (to prevent hand to surface/surface to hand contamination). More than one wipe may be required. Allow the sanitiser/alcohol to dry naturally before the next person uses the manikin.

- 9** Keep one manikin to the same small group of Learners all the way through the course to prevent the possibility of course-wide infection spread. Use as many manikins as possible to reduce sharing.

- 10** Physical distancing of 2m should be maintained during CPR practise and the Learner should therefore act as a solo rescuer.

- 11** At the end of every theory session, ask Learners to sanitise or wash their hands.

- 12** Before and after each practical session, ask Learners to sanitise or wash their hands.

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Assessment adjustments to allow for 2m physical distancing

CPR

At the time of writing, HSE and DfE still require rescue breaths to be trained and assessed. We will update you if this changes. Carefully follow the manikin hygiene procedures detailed above. Trainers should ensure that Learners are fully aware of the RCUK guidance on performing real life CPR during the COVID-19 pandemic and the protective measures that should be taken.

Unconscious Casualty

The trainer can demonstrate the recovery position on a Learner if both people are wearing surgical masks and both sanitise their hands before and after. If surgical masks are not available, the trainer can demonstrate placing themselves into the recovery position. Learners can be assessed by performing the primary survey on a manikin and placing themselves into the recovery position. A professional discussion can follow to ensure the trainer is confident that the Learner's knowledge and skills meet the assessment requirements. The Learner should sanitise hands before and after touching any shared equipment.

Choking Casualty

Learners should sanitise hands before and after demonstration. The Learner should demonstrate back blows and the correct hand positioning for abdominal thrusts on a manikin. Wipe down any shared equipment between Learners. A professional discussion can follow to ensure the trainer is confident that the Learner's knowledge and skills meet the assessment requirements.

Wounds and Bleeding

The Learner can demonstrate applying a bandage to themselves – on a leg wound if necessary, followed by placing themselves in the appropriate position to treat shock. Alternatively, a head wound on a manikin can be simulated. A professional discussion can follow to ensure the trainer is confident that the Learner's knowledge and skills meet the assessment requirements. The Learner should sanitise hands before and after touching any shared equipment and new bandages should be provided for each Learner.

Slings

The Learner can demonstrate how their own arm would sit into a support and elevated sling by placing the triangular bandage on their own arm. In replacement of tying the sling behind their neck, it is acceptable for them to hold the ends of the sling tight so they can show where the sling would sit and state 'I would tie it in this position'. Clean slings should be provided for each Learner.

Management of Anaphylaxis (where applicable)

The Learner can demonstrate how to administer a 'trainer' Adrenaline Auto Injector (AAI) on their own thigh before placing themselves into the correct casualty positioning for anaphylactic shock. A professional discussion can follow to ensure the trainer is confident that the Learner's knowledge and skills meet the assessment requirements. The Learner should sanitise hands before and after touching any shared equipment. Use alcohol/sanitising wipes on the trainer AAI. Allow the sanitiser/alcohol to dry naturally before the next person uses the AAI.

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