



For: First Aiders

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First Aid during a pandemic Covid-19

These are challenging and uncertain times for us all. The COVID-19 outbreak has meant a lot of upheaval and worry for people. We've put together the below advice for first aiders so that you can continue to keep those you care for and yourself safe. Your safety is important to us. Please see the guidance below from the HSE:

<input type="checkbox"/> Be aware of the risks to yourself and others	<input type="checkbox"/> When approaching a casualty there is always a risk of cross contamination – especially when you may have to get close to the casualty to assess what is wrong or to check their breathing. It is always important to be aware of the risks of how this cross contamination has occurred. According to NHS 111 we do not know exactly how coronavirus spreads from person to person, but similar viruses are spread in cough droplets.
<input type="checkbox"/> Keep yourself safe	<input type="checkbox"/> In line with government advice, make sure you wash your hands or use an alcohol gel, before and after treating a casualty also ensure that you don't cough or sneeze over a casualty when you are treating them. <input type="checkbox"/> Don't lose sight of other cross contamination that could occur that isn't related to COVID-19. <input type="checkbox"/> Wear gloves or cover hands when dealing with open wounds <input type="checkbox"/> Cover cuts and grazes on your hands with waterproof dressing. <input type="checkbox"/> Dispose of all waste safely <input type="checkbox"/> Do not touch a wound with your bare hand <input type="checkbox"/> Do not touch any part of a dressing that will come in contact with a wound.
<input type="checkbox"/> Give early treatment	<input type="checkbox"/> The majority of incidents do not involve you getting close to a casualty where you would come into contact with cough droplets. Sensible precautions will ensure you are able to treat a casualty effectively.
<input type="checkbox"/> Keep yourself informed and updated	<input type="checkbox"/> As this is a new disease this is an ever-changing situation and the government and NHS are continually updating their advice. <input type="checkbox"/> Make sure that you regularly review the NHS 111 or Gov.uk website which has a specific section on Coronavirus.
<input type="checkbox"/> Remember your own needs	<input type="checkbox"/> Make sure you take time to talk about your fears and concerns with someone you trust and to take out time to look after yourself.

Guidance for First Aiders

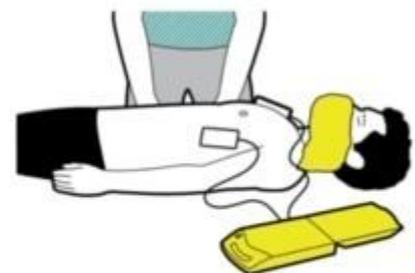
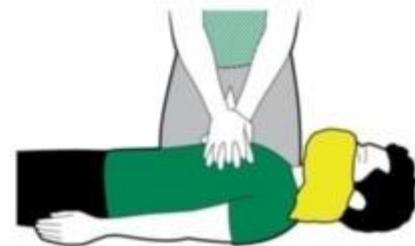
Try to assist at a safe distance from the casualty as much as you can and minimise the time you share a breathing zone.

If they are capable, tell them to do things for you, but treating the casualty properly should be your first concern. Remember the 3P model – preserve life, prevent worsening, promote recovery.

- Performing CPR
 - Call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms
 - Ask for help. If a portable defibrillator is available, ask for it
 - Before starting CPR, to minimise transmission risk, use a cloth or towel to cover the patient’s mouth and nose, while still permitting breathing to restart following successful resuscitation
 - If available, use:
 - a fluid-repellent surgical mask
 - disposable gloves
 - eye protection
 - apron or other suitable covering
 - Only deliver CPR by chest compressions and use a defibrillator (if available) – **don’t** do rescue breaths

How to do CPR on an adult COVID-19 update

- 1.** If someone is unconscious and not breathing normally, do not put your face near to theirs
- 2.** Call for an ambulance
- 3.** Use a towel or piece of clothing and lay it over the mouth and nose
- 4. Do not do mouth to mouth**
- 5.** Start chest compressions to the tempo of “Staying Alive”
- 6.** Use a Public Access Defibrillator if available.



Source: Resuscitation Council UK

Find out how St John are supporting the NHS with the COVID-19 outbreak at [sja.org.uk/COVID-19](https://www.sja.org.uk/COVID-19)



<input type="checkbox"/> Prevent worsening, promote recovery: all other injuries or illnesses	<input type="checkbox"/> If you suspect a serious illness or injury, call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms <input type="checkbox"/> If giving first aid to someone, you should use the recommended equipment listed above if it is available <input type="checkbox"/> You should minimise the time you share a breathing zone with the casualty and direct them to do things for you where possible
<input type="checkbox"/> After delivering first aid	<input type="checkbox"/> Ensure you safely discard disposable items and clean reusable ones thoroughly <input type="checkbox"/> Wash your hands thoroughly with soap and water or an alcohol-based hand sanitiser as soon as possible

First aid cover and qualifications during the outbreak

If first aid cover is reduced because of coronavirus or you can't get the first aid training you need, there are some things you can do so that you still comply with the law.

Responsible Premises Managers should review their first aid needs assessment and decide if you can still provide the cover needed for the workers that are present and the activities that they are doing.

Keep enough first aid cover

If fewer people are coming into your workplace it may still be safe to operate with reduced first aid cover. You could also stop higher-risk activities.

Requalification:

St John's Ambulance have now started running First Aid courses again however, they are only providing their training at the Kidlington centre until further notice.

For anyone who was able to extend their qualification due to Coronavirus they now have until the 30th September to complete the qualification.

Further guidance can be found on the HSE Website <https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm#qualifications>

General:		
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