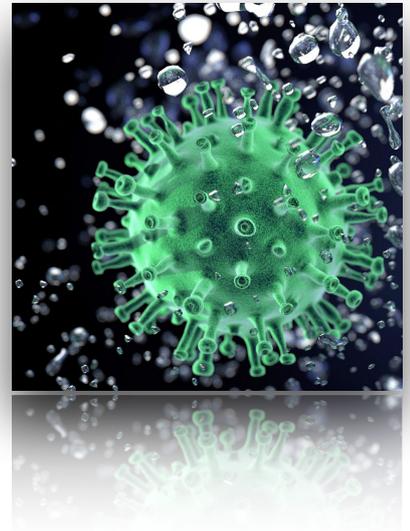


# CORONAVIRUS (COVID-19)

## Instructions for trainers



### How to make first aid training 'safer than going into the office'

1. Upon arrival at the training venue check all students and exclude anyone exhibiting respiratory COVID-19 symptoms continuous cough/temperature of 37.8 or above. This will be done using a non contact forehead thermometer.
2. Check that no student is in a situation where they should be self-isolating (family member with symptoms in last 14 days or from an **at risk group**).
3. **On arrival** give each student alcohol gel and ask them to thoroughly sanitise hands. Instruct them that if they need to cough/sneeze this should be into a tissue that is disposed of immediately. If this is not possible they should cough into a bent elbow (better than bare hands) and never cough/sneeze without covering their mouth/nose. If someone coughs on their hands or uses a tissue they should use alcohol sanitiser immediately. **Supervise and ensure that everyone adheres to this throughout the course.**
4. Show learners the videos below on how Covid-19 spreads and how to wash hands correctly:
  - a: <https://youtu.be/1APwq1df6Mw>
  - b: <https://youtu.be/bQCP7waTRWU>
5. Explain that no one should touch their mouth, nose or eyes unless they have just washed their hands or sanitised (be careful not to get alcohol gel in eyes). Supervise the class and make people aware if they are touching their face.
6. Prior to CPR practise, explain to learners that the biggest risk is passing germs from hands. There are lots of protections in place to prevent infection during CPR training. Give learners information on measures already in place prior to starting which are:
  - a. Frequently replaced lungs/airways
  - b. One way valve disposable CPR face mask to be used or other suitable barrier
  - c. Alcohol wipes should be used to clean the whole manikin face, head and torso before and after use. Ensure that the alcohol has fully dried before use
  - d. Where possible 1 manikin per student should be used to reduce contact
7. At the end of every theory and or practical session, ask learners to sanitise or wash hands.
8. Where available use a full body manikin to perform the recovery position
9. Keep all learners at least 2 meters apart at all times

## Personal Protective Equipment (PPE)

10. **Face masks** - Students will be trained in the correct use of 3-ply face masks and these must be worn by student and trainer/assessor for any close contact <2meters where social distancing is not possible. **Ideally all training and assessment should be performed at least 2 meters apart to avoid the need for face masks.**
11. **Disposable gloves** - gloves will be provided however the emphasis is on following good hand hygiene procedures. Gloves are currently in short supply nationally but First Rescue Training & Supplies Ltd have good volumes of stock available.

## 12. **Subject modifications -**

**CPR** - Students must perform full CPR including rescue breaths on formal first aid training courses. Adaptations should also be taught for the current COVID-19 outbreak in line with UK Resuscitation Guidelines. On our courses 1 manikin per student will be provided removing the need to share equipment.

**Recovery Position** - Students can perform the primary assessment on their individual manikin. When performing a secondary survey or recovery position this should be performed on a full body manikin. The manikin should be fully wiped over with alcohol wipes after use. Students should place themselves into the recovery position to increase practice of this skill.

**Choking Casualty** - Students can perform choking procedures on a manikin. 1 manikin will be provided per student to remove the need for sharing.

**Wounds & Bleeding** - New bandages will be provided for each student. Students can demonstrate bandaging on their own leg to remove the need for contact with other students. They can also position their own body into the shock position. Alternatively they can demonstrate by bandaging a manikin.

**Anaphylaxis** - students will be provided with a training auto injector and this can be used on their own thigh for practice.

13. At the end of each training session the following must be completed -
  - a. All manikins and student equipment wiped down using alcohol wipes and fully sanitised
  - b. Replace all airways on used manikins
  - c. All rubbish and wipes to be bagged up and disposed of safely