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FIRST AID

This guidance must be made available on all sites and arrangements put in place to ensure all Management staff are made aware of this document during the COVID-19 outbreak .

Guidance for Management of First Aid

- Managers should discuss the first aid needs assessment with first aiders so they are confident about providing the right assistance.
- Managers **must ensure** that the first aiders are briefed on the Guidance below, with particular attention made to CPR during the Covid19 outbreak.
- Managers are responsible for ensuring all staff are aware of First Aid provision on site including the location of First Aid boxes and defibrillator (if available).
- Where no defibrillator is available, guidance in relation to CPR and resuscitation in first aid and community setting should be followed as detailed below within Guidance for First Aiders.

Note: You don't need to be trained to use a defibrillator – anyone can use it. There are clear instructions on how to attach the defibrillator pads. It then assesses the heart rhythm and will only instruct you to deliver a shock if it's needed. You cannot deliver a shock accidentally, the defibrillator will only allow you to shock if it is needed. (source British Heart Foundation) You should also have contacted the ambulance service for help.

- If there is no qualified First Aider on site, the Duty Manager should take on the role of First Aid Appointed Person responsible for any First Aid decisions eg. Calling an ambulance, etc.
- Regular checks should be made on contents of first aid kits and make arrangements to replenish when required.

Training

If the first aiders within your establishment hold a first aid certificate that expired on or after 16 March 2020, HSE are considering the requalification extension period for Scotland and Wales over the coming months.

We are still required to arrange training at the earliest opportunity so that we have an adequate provision of first aid assistance across our services. Once you have assessed your requirements please contact NLfirstaid@northlan.gov.uk who will arrange this and provide assistance and advice with regard to training providers, availability and associated costs.

In the meantime the British Red Cross do have short refresher sessions on their website to keep first aiders up to date and the ResusUK have videos on CPR (links below)

<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/>

<https://www.redcross.org.uk/first-aid/learn-first-aid##>

Note: Any training undertaken should be recorded on an individuals training record.

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.

Prior to attending to someone direct

Wash hands put on appropriate Personal Protective Clothing including fluid resistant mask. Minimise the time you share a breathing zone. **(First Aiders must contact their line Manager to arrange for an appropriate supply of fluid resistant masks and any other PPE as detailed below)**

Do not treat until you have asked the casualty the normal questions as well as the following ones.

Have you had: -

A new continuous cough?

A high temperature?

A loss of normal, or change in, your normal sense of taste or smell ?

Shortness of breath or difficulty in breathing?

If the person answers “**No**”, then treat the casualty in line with your first aid training, ensuring good hygiene practise and social distancing wherever possible.

If you are unable to ask the person about symptoms due to the extent of the incident or if the answer to any of the above is “**Yes**”, then

- If the casualty is mobile, ask them to remove themselves from the workplace and self-isolate as per guidance.
- If the casualty is immobile monitor the casualty, ask for further advice and support.
Dial 999 and follow guidance above.

Preserve life: 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 (**hands only**) 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
- Use the following PPE as appropriate:
 - a fluid-resistant 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**

Prevent worsening, promote recovery: all other injuries or illnesses

- If you suspect a serious illness or injury, call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms
- If giving first aid to someone, you should use the recommended equipment listed above if it is available
- You should minimise the time you share a breathing zone with the casualty and direct them to do things for you where possible

After delivering any first aid

- Ensure you safely discard disposable items and clean reusable ones thoroughly
- Wash your hands thoroughly with soap and water or an alcohol-based hand sanitiser as soon as possible