



## COVID-19 First Aid requirements – for Headteachers and first aiders

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## **COVID-19 First Aid requirements – for Headteachers and first aiders**

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### **Risk information**

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This document supplements the existing first aid arrangements for your school, where the school follow NCC arrangements these will be outlined in the following:

- First Aid Compliance Code
- First aid needs assessment and guidance form

Specific considerations relating to management of first aid is covered in COVID-19 Guidance for all education settings. The below guidance relates only to carrying out the practice of first aid.

### **Responsibilities**

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Headteachers must ensure that:

- The requirements relating to the management of first aid outlined in COVID-19 guidance for educational settings have been implemented
- The additional equipment that is specified in this guidance is provided
- An adequate supply of PPE is available for first aider familiarisation and practice (for circumstances where they are not otherwise familiar with wearing PPE)
- First aiders take time to practice the use of PPE prior to needing to use it
- First aiders do not fall into a clinically vulnerable group (unless a specific assessment has been carried out)
- This guidance is discussed with first aiders and they understand these new requirements.

First Aiders must ensure that:

- They familiarise themselves with this information and follow these requirements where it is possible to do so.
- They undertake first aid duties applying the principles of social distancing and infection control as much as is possible
- Where close contact is required they follow the requirements for wearing Personal Protective Equipment, specifically paying attention to the sequence for PPE removal in order to avoid self-contamination (follow the instructional video which can be found in this guidance)
- Ensure that the equipment is ready for use as part of their response arrangements.

### **Safe working arrangements for providing first aid**

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Avoid close contact in the first instance, consider minor injuries where you may be able to instruct a person about what to do or pass them the items that they need and stand at a distance if this is age appropriate to do.

If you work in a setting where a person may have COVID-19 wherever possible, ask the person to move to a location away from others. If there is no physically separate room or



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the casualty is not able to move to another room ask all other persons not required to assist in first aid provision to leave the vicinity.

### **Where a close contact response is needed (for symptomatic and non-symptomatic people)**

The following equipment is required:

- Disposable gloves and plastic apron
- Fluid repellent surgical mask
- Disposable eye protection (where there is an anticipated risk of contamination with splashes, droplets of blood or body fluids)
- Resus face shield
- Hand sanitiser
- Two bin bags
- Disinfectant wipes (to clean down first aid box).

### **Location of PPE**

PPE should be kept with First Aid kits so that it is readily available when needed quickly. It can be kept in a labelled box or bag.

### **Putting on PPE**

First aiders must follow the COVID-19 Personal Protective Equipment Guidance -19 and ensure that they familiarise themselves with the instructions for putting on and removing PPE in readiness for responding to a first aid event.

### **Cardiopulmonary resuscitation**

If you need to perform cardiopulmonary resuscitation (CPR), you should conduct a risk assessment and adopt appropriate precautions to reduce the risk of virus transmission. It is acknowledged that you may not have had the opportunity to put on PPE.

In **adults**, it is recommended that you do not perform rescue breaths or mouth-to-mouth ventilation; perform chest compressions only. Compression-only CPR may be as effective as combined ventilation and compression in the first few minutes after non-asphyxial arrest (cardiac arrest not due to lack of oxygen). The following steps are recommended:

- Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth (unless you are wearing a fluid resistant mask). If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.
- Make sure an ambulance is on its way. If COVID 19 is suspected, tell them when you call 999.
- If there is a perceived risk of infection, first aiders should place a cloth/towel over the victims mouth and nose (unless the first aider is wearing a face mask) and attempt



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compression only CPR and early defibrillation until the ambulance arrives. Put hands together in the middle of the chest and push hard and fast.

- Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.
- After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 coronavirus advice service or medical adviser.

Cardiac arrest in **children** is more likely to be caused by a respiratory problem (asphyxial arrest), therefore chest compressions alone are unlikely to be effective. If a decision is made to perform mouth-to-mouth ventilation in asphyxial arrest, use a resuscitation face shield where available.

We do recognise that some first aiders will still choose to administer rescue breaths or instinctively respond in this way. This is a personal choice.

### **Remove and dispose of PPE**

Remove PPE when close contact is no longer required by following the sequence for removal that is detailed in PPE guidance, it is critical that you do this in order to avoid self-contamination (do not walk through the premises wearing PPE). You can use hand washing facilities after you have followed the PPE removal sequence or if not in close proximity to where you remove the PPE use hand sanitizer.

Follow the information in PPE guidance G6460 to double bag used items, any dressings or waste generated from delivering first aid can also be disposed of in the waste bag. Waste arrangements should follow your specific settings guidance (see section detailing associated guidance at the end of this document)

### **Cleaning**

If you provided first aid to a symptomatic person, all surfaces that the person has come into contact with after they developed symptoms should be cleaned following the cleaning requirements which are outlined in the specific guidance document for the setting that you work in (associated guidance section).

Please note: additional cleaning is not required in areas where a symptomatic person has passed through and spent minimal time (such as corridors) but which are not visibly contaminated with body fluids can be cleaned as normal.

### **Clothing**

- You do not need to change your clothing, unless your clothing has become contaminated or soiled as a result of close contact
- You should change your clothing when you get home (after close contact, wearing PPE) and wash your clothes:



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- separately from other household linen
- in a load not more than half the machine capacity
- at the maximum temperature the fabric can tolerate, then ironed or tumble dried.

### **First aider actions**

- If you have been in close contact with a person and/or have given mouth-to-mouth ventilation there are no additional actions to be taken other than to monitor yourself for symptoms of possible COVID-19 over the following 14 days.
- Wipe down the first aid box after use using a disinfectant wipe.
- Replace used PPE so that it is available for the next first aid event
- Follow your normal arrangements for recording first aid and checking stock.

### **Associated guidance**

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COVID-19 Guidance for all educational settings

COVID-19 Your health and your safety when working in educational home settings

COVID-19 Guidance for education staff who carry out essential home visits

COVID-19 Personal Protective Equipment Guidance – specified activities in Education