



# The Robinswood Academy Trust

"Be the best you can be"

## Covid-19: advice for first aiders

The Health and Safety Executive (HSE) has announced that it will be offering a three-month extension to the validity of Paediatric First Aid, First Aid at Work and Emergency First Aid, and Emergency First Aid at work qualifications.

The Robinswood Academy Trust recognises the additional risk of providing first aid during the Coronavirus Pandemic and offers the following advice:

### 1. Be aware of the risks to yourself and others

When approaching a sick or injured adult or child 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.

### 2. Keep yourself safe

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.

The Resuscitation Council (UK) provides some useful advice of how to keep yourself safe when providing CPR. **You can read their full advice on their website here.**

Don't lose sight of other cross contamination that could occur that isn't related to COVID-19.

- Wear gloves or cover hands when dealing with open wounds
- Cover cuts and grazes on your hands with waterproof dressing
- Dispose of all waste safely
- Do not touch a wound with your bare hand
- Do not touch any part of a dressing that will come in contact with a wound
- Ensure that all surfaces and equipment is cleaned before putting it away and any infected surfaces as cleaned
- Where possible, trained first aider to be allocated to each group
- First aid kits to be stored in classrooms with children
- Procedures for reporting to parents to be in line with usual first aid procedures

### **3. What happens if a child falls ill or has an accident at school**

The vast 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 minor injury to a casualty effectively.

If a pupil becomes unwell and is showing symptoms of Covid-19, refer to the flowchart below.

If a person suffering Coronavirus requires first aid employees providing intimate care or first aid to pupils will not be expected to maintain 2m distance. The following measures will be adopted:

- washing hands or using hand sanitiser, before and after treating injured person or carrying out intimate care (changing nappies etc)
- PPE to be worn if routine care of a child already involves PPE, i.e. wear gloves and apron

- wear gloves or cover hands when dealing with open wounds;
- if CPR is required on an adult, attempt compression only CPR and early defibrillation until the ambulance arrives;
- if CPR is required on a child, use a resuscitation face shield if available to perform mouth-to-mouth ventilation in asphyxial arrest.
- dispose of all waste safely (in line with normal procedures)

#### **4. Keep yourself informed and updated**

As this is a new disease this is an ever changing situation and the government and NHS are continually updating their advice. Make sure that you regularly review the NHS 111 or Gov.uk website which has a specific section on Coronavirus.

- [Click here to visit NHS 111](#)
- [Click here to visit Gov.uk](#)
- [Click here to visit Resuscitation Council](#)
- Be aware of the type of injuries or illnesses that have been identified in the school
- know enough about the school environment and its first aid facilities
- ensure that everyone is clear on who will respond to first aid events
- where the first aid record of treatment is kept,
- where first aid kits are kept.

#### **5. Remember your own needs**

These are challenging and uncertain times for all. The COVID-19 outbreak has meant a lot of upheaval and worry for people. In order to help others you will also need to look after your own needs. Make sure you take time to talk about your fears and concerns with your line manager and look after yourself.

**An unwell person is displaying signs and symptoms of COVID-19**

- Have you confirmed to parents that when returning children to school, there is adequate availability from family members to collect their child?

**Isolate the individual in your isolation/first aid room**

- If you have multiple individuals displaying signs and symptoms (at the same time) consider cohorting these individuals.
- Make sure the area is ventilated.

**Appropriate adult supervision**

**Call 999**

**Positive Tests**

- If the individual tests positive, the individual will isolate for 7 days.
- Their fellow household members must isolate for 14 days.
- The rest of the 'bubble' will be advised to self-isolate for 14 days. The rest of their household does not need to self-isolate, unless one of those individuals tests positive.

# How to do CPR on an adult - Covid-19 update

## What to do



1.

If you find someone collapsed, you should first perform a primary survey. **Do not place your face close to theirs.** If you have established from this that they are unresponsive and not breathing, you should ask a helper to call 999 or 112 for emergency help while you start CPR. Ask a helper to find and bring a defibrillator, if available.

- **Ask your helper to put the phone on speaker and hold it out towards you, so they can maintain a 2m distance**
- If you are on your own, use the hands-free speaker on a phone so you can start CPR while speaking to ambulance control
- Do not leave the casualty to look for a defibrillator yourself. The ambulance will bring one.



2.

**Before you start CPR, use a towel or piece of clothing and lay it over the mouth and nose of the casualty.**

Start CPR. Kneel by the casualty and put the heel of your hand on the middle of their chest. Put your other hand on top of the first. Interlock your fingers making sure they don't touch the ribs.

Keep your arms straight and lean over the casualty. Press down hard, to a depth of about 5-6cm before releasing the pressure, allowing the chest to come back up.

- The beat of the song "Staying Alive" can help you keep the right speed
- **Do not give rescue breaths.**

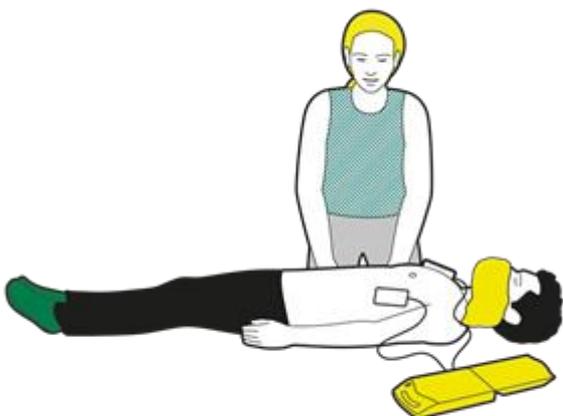


3.

Continue to perform CPR until:

- emergency help arrives and takes over
- the person starts showing signs of life and starts to breathe normally
- you are too exhausted to continue (if there is a helper, you can change over every one-to-two minutes, with minimal interruptions to chest compressions)
- a defibrillator is ready to be used.

4.



If the helper returns with a defibrillator, ask them to switch it on and follow the voice prompts while you continue with CPR.

- **Wherever possible, the helper should keep a distance of 2m.**



5.

If the casualty shows signs of becoming responsive such as coughing, opening eyes, speaking, and starts to breathe normally, put them in the recovery position. Monitor their level of response and prepare to give CPR again if necessary.

- If you have used a defibrillator, leave it attached.