

# Support and Guidance for Delivering First Aid Training during COVID-19



## Version 20.1

**This is a live document and will be updated whenever new evidence or guidance is announced.**

Training must only take place where this is permissible in accordance with the UK Government and devolved administrations or regional restrictions.

If you take the decision to resume training, it is essential that the Government guidance is adhered to at all times and if anything changes, the Government guidance will supersede any guidance documents provided by ourselves.

### Things to think about before training commences

- An approved training centre (ATC) must risk assess their training delivery and mitigate all risks of the possible spread of COVID-19
- The venue must be assessed and the maximum class size determined prior to organising the course, which will be determined by the size of the room. Part of the decision for maximum learner numbers will also be determined by ensuring each learner is seated two metres apart. Class sizes may need to be reduced to ensure social distancing can be maintained
- An ATC will need to think about “pinch points” and whether there is the ability to have a separate entry and exit point into a venue
- An ATC must ensure appropriate handwashing facilities and / or alcohol hand sanitisers (70% alcohol) are available for use as learners enter and exit the training room and throughout their time in the training room
- An ATC must have a process in place to communicate with their clients and potential learners regarding when not to attend a course. It should be made clear that no-one should attend a course if they, or a member of their household, have or have had symptoms of COVID-19 in the past 14 days. The symptoms of COVID-19 are a fever, a new cough or the loss of smell and / or taste
- An ATC can recommend to their learners that they use the Government’s test and trace system if they develop COVID-19 symptoms
- An ATC must have adequate resources in order to be able to run the course whilst being able to maintain social distancing and hygiene requirements. Resources to think about are as follows:
  - Gloves
  - CPR face shields / pocket masks – one per learner
  - Sufficient manikin lungs, airways and valves
  - Sufficient supply of bandages and slings for each learner to use for activities
  - Sufficient supply of disinfectant / alcohol wipes to be able to clean the equipment between use
  - Sufficient number of manikins – ideally one per learner
  - Face masks for each individual learner (Surgical masks or 3-ply civilian face masks)

## When training commences

- When learners arrive, prevent any learner who has symptoms of COVID-19 from entering the training venue
- Check that no learner is in a situation where they should be self-isolating (e.g. a family member has had symptoms or the learner should be shielding as they are in an **at risk group**). Exclude from the course as necessary. A **[COVID-19 questionnaire](#)** could be completed when a learner arrives to ascertain this information.
- A learner must be asked to leave the training course if they develop symptoms of COVID-19 during training. If this happens, all other learners must follow Government guidance and go into isolation to prevent the spread of the disease
- Give learners information on the following manikin infection and prevention control measures and ask them to follow them carefully:
  - Frequently replaced lungs / airways / valves
  - One-way valves which stop air coming back out of the manikin mouth and direct expired air out of the back of the head via a filter
  - Alcohol / sanitising wipes to be used between learners, with an emphasis on scrubbing
  - Between learners, use alcohol / sanitising wipes on the manikin face and also wipe the forehead and chest where hands were placed (to prevent hand to surface / surface to hand contamination). More than one wipe may be required. Allow the sanitiser / alcohol to dry naturally before the next learner uses the manikin
- Before and after each practical session, ask learners to sanitise or wash their hands.

## Assessment adjustments to allow for two metre social distancing where possible

The following adjustments have been made during the COVID-19 situation to allow learners to be assessed whilst still maintaining the social distancing requirements.

### Unconscious Casualty

Learners can be assessed performing the primary survey on a manikin. We would expect a learner to place someone in the recovery position at least once in order to demonstrate the assessment requirements. Both learners must wear a face mask when performing this process. Ideally, gloves should be worn to perform the recovery position, however, if gloves are not available, sanitising the hands before and after the process is an acceptable alternative.

If face masks are unavailable, the learner should verbally explain how they would place someone in the recovery position and then place themselves into the recovery position. (Below is the guidance document from the Resuscitation Council UK which states 10 points in order to place someone into the recovery position, section 8: Adult BLS sequence – Table 1).

<https://www.resus.org.uk/resuscitation-guidelines/adult-basic-life-support-and-automated-external-defibrillation/>

### CPR

The skill of providing rescue breaths **must** still be included in CPR training and assessment, however adaptations to protocols that ensure the safe performance of first aid during the current COVID-19 outbreak should also be taught. Guidance must be supported by a responsible body of medical opinion and the Resuscitation Council UK.

Tutors should ensure that learners are fully aware of the Resuscitation Council UK guidance on performing real life CPR during the COVID-19 pandemic and the protective measures that should be taken.

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

Learners should be provided with face shields or a pocket mask in order to perform the rescue breaths required for assessment requirements. All equipment used should be cleaned before and after use and learners must sanitise / hand wash after the task has been performed.

## **Choking Casualty**

Learners should sanitise hands before and after demonstration. The learner should demonstrate back blows and the correct hand positioning for abdominal thrusts on a manikin. Wipe down any shared equipment between learners. A professional discussion can follow to ensure the tutor is confident that the learner's knowledge and skills meet the assessment requirements.

## **Wounds and Bleeding**

The learner can demonstrate applying a bandage to themselves – a leg wound for example, followed by placing themselves in the appropriate position to treat shock. Alternatively, a head wound on a manikin can be simulated or if a full bodied manikin is available, this can be used to apply a bandage. If ATCs have simulation aids such as arms and / or legs, these can be used to demonstrate applying a dressing. A professional discussion can follow to ensure the tutor is confident that the learner's knowledge and skills meet the assessment requirements. The learner should sanitise hands before and after touching any shared equipment and new bandages should be provided for each learner.

## **Slings**

The learner can demonstrate how their own arm would sit into a support sling and elevated sling by placing the triangular bandage on their own arm. In replacement of tying the sling behind their neck, it is acceptable for them to hold the ends of the sling tight so they can show where the sling would sit and state 'I would tie it in this position'. Clean slings should be provided for each individual learner.

## **C-Spine / MILS**

The learner can demonstrate how they would support a head using Manual In-Line Stabilisation (MILS) on a CPR manikin. The learner can place themselves into a spinal recovery position. A professional discussion can follow to ensure the tutor is confident that the learner's knowledge and skills meet the assessment requirements. The learner should sanitise hands before and after touching any shared equipment.

## **Secondary Survey**

The secondary survey should be performed on a conscious casualty. The casualty and the 'first aider' should maintain 2 metres physical distancing and the first aider should perform the head to toe assessment verbally, speaking with the casualty to ascertain if there are any identifiable injuries.

## **Management of Anaphylaxis (where applicable)**

The learner can demonstrate how to administer a 'trainer' Adrenaline Auto Injector (AAI) on their own thigh before placing themselves into the correct casualty positioning for anaphylactic shock. A professional discussion can follow to ensure the tutor is confident that the learner's knowledge and skills meet the assessment requirements. The learner should sanitise hands before and after touching any shared equipment. Use alcohol / sanitising wipes on the trainer AAI. Allow the sanitiser / alcohol to dry naturally before the next person uses the AAI.

# Version Control

As this is a live working document, it will get updated when required in line with latest advice / information from the government as well as industry experts.

Keep an eye on this page for all tracked changes.



Version	Changes Made	Date of Changes
20.1 (Original Publication)	<ul style="list-style-type: none"><li>N/A</li></ul>	5 <sup>th</sup> June 2020