

Providing safe and socially-distanced first aid training during Covid-19

This guidance document has been created to help you to design a safe course leading to any of Highfield's international first aid qualifications, including international paediatric first aid. **This advice must be communicated with customers and learners prior to the commencement of training.**

This is a live document and will be updated whenever new evidence or guidance is released. **In addition to the advice in this document Highfield Approved Training centres must make themselves aware of the guidelines set out by their country's regulators and must follow them.** If you are not sure do not conduct any training until you have clarified the regulations in your country.

- A training provider must risk assess their training delivery and mitigate all risks of possible spread of Covid-19 **as far as is practicable.**
- A training provider must design lessons to ensure that there is no close contact between learners and or trainers and a 2m distance is always maintained. Sensible adaptations to training and assessment activities must be introduced to achieve this.
- A training provider must ensure appropriate handwashing facilities and/or alcohol hand sanitisers are available for use as learners enter and exit the training room and throughout their time in the classroom.
- A training provider must have in place a process for preventing those with possible Covid-19 symptoms (fever, a new cough) from entering the classroom. They must also have in place a process to manage instances of people who develop symptoms during the delivery of any training.
- A training provider must have a process in place to be notified, then 'track and trace' other learners if someone on the course develops symptoms within 2 weeks of attending first aid training.
- All equipment that is used by learners must be thoroughly cleaned before use by an individual learner.
- **The wearing of masks will vary from country to country, approved centres and tutors must abide by the rules set out by their regulator. e.g. Dubai – 'Masks are obligatory and must be worn at all times'**

Venue and class size

To align with guidelines, learners should be seated 2 metres apart. This is highly likely to determine the maximum class size for each training venue. Therefore, the venue must be assessed, and the maximum class size determined, before a course is booked and advertised.

Before a course starts

On arrival, we recommend that screening of all learners should take place and anyone exhibiting respiratory Covid-19 symptoms should be excluded. This includes:

- a new continuous cough
- a high temperature (greater than 37.8°C)

If you have the ability to, you may wish to check temperatures of learners safely and non-invasively (with the learner's permission).

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). If a learner falls into this category, they could be excluded from the course.

On arrival

Each learner should be provided with an alcohol wipe/gel/sanitiser to thoroughly sanitise hands. **If the learner does not have access to an appropriate mask training centres should make them available.**

Explain clearly that no one should touch their mouth, nose or eyes unless they have just washed their hands or sanitised. Explain what you have available for sanitising hands (e.g. sanitising gel or alcohol wipes) and where they can wash their hands. Continue to supervise this during the course.

During the course

At the end of every theory session, ask learners to sanitise or wash their hands. Before and after each practical session, ask learners to sanitise or wash their hands.

Gloves must be worn for all practical elements of training where a learner uses shared equipment e.g. manikins. The learner must sanitise gloved hands with an alcohol wipe/gel/sanitiser before and after touching any shared equipment.

Learners should maintain physical distancing throughout the entire course.

Delivery of first aid practise

Prior to practising CPR, explain to the learners the protection that is in place to prevent infection during CPR practise. **The importance of rescue breaths must be explained and demonstrated by the trainer and an explanation given of why they will only be expected to perform 'hands only' CPR and the limitations of 'hands only' CPR.**

Give learners information on the following manikin infection prevention and control measures and follow them carefully:

- Alcohol/sanitising wipes to be used between Learners, with an emphasis on scrubbing
- Anti-surfactant wipes (e.g. Trionic wipes) used after each session (removes any biofilm as well as disinfecting)

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). Use alcohol/sanitising wipes on the training defibrillator. More than one wipe may be required. Allow the sanitiser/alcohol to dry naturally before the next person uses the manikin.

Keep one manikin and training defibrillator to the same small group of learners all the way through the course to prevent the possibility of course-wide infection spread. Use as many manikins and training defibrillators as possible to reduce sharing.

Physical distancing of 2m should be maintained during CPR practise and the learner should therefore act as a solo rescuer. **During 'hands only' CPR learners should ideally be faced away from each other to further minimise the risk.**

Assessment adjustments to allow for 2m physical distancing

CPR

Learners will not be required to perform rescue breaths for the time being, this will be reflected on certification as 'Hands Only CPR' we will update you if this changes. Carefully follow the manikin hygiene procedures detailed in this guidance. Tutors should ensure that learners are fully aware of the guidance on performing real life CPR during the Covid-19 pandemic and the protective measures that should be taken.

Unconscious Casualty

The trainer can demonstrate placing themselves into the recovery position. Learners can be assessed by performing the primary survey on a manikin and placing themselves into the recovery position.

During the primary survey learners are only required to perform a visual check on the casualty for signs of breathing, e.g. chest rising and falling, colour of skin, sounds of breathing.

A professional discussion can follow to ensure the trainer is confident that the learner's knowledge and skills meet the assessment requirements. The learner should wash or sanitise their hands before and after touching any shared equipment.

Secondary Survey

The secondary survey should be performed on a conscious person acting as a casualty. The 'casualty' and the learner should maintain 2m physical distance and the learner should perform the head to toe assessment verbally, speaking with the 'casualty' to ascertain if there are any identifiable injuries.

Choking Casualty

Learners should wash or sanitise their hands before and after conducting the 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.

External Bleeding and Shock

The learner can demonstrate applying a bandage to themselves, on a leg wound if necessary, followed by placing themselves in the appropriate position to treat shock. Alternatively, a head wound on a manikin can be simulated. A professional discussion can follow to ensure the trainer is confident that the learner's knowledge and skills meet the assessment requirements.

The learner must wash or sanitise their hands before and after touching any shared equipment and new bandages must be provided for each learner.

Slings

The learner can demonstrate how their own arm would sit into a support 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 must be provided for each learner.

Spinal Injuries

The Learner can demonstrate how they would support a head on a CPR manikin. The learner can place themselves into a spinal recovery position. A professional discussion can follow to ensure the trainer is confident that the Learner's knowledge and skills meet the assessment requirements. The learner must sanitise hands before and after touching any shared equipment.

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 trainer is confident that the learner's knowledge and skills meet the assessment requirements.

The learner must 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.

Fractures and Dislocations

The learner can demonstrate on their own arm or leg how to immobilize the limb. Alternatively, if a limbed manikin is available this can be used in line with the 'shared equipment' protocols laid out in this guidance. A professional discussion can follow to ensure the trainer 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.