

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

Contents

Risk information	2
Responsibilities	2
First aid training and requalification	3
Safe working arrangements for providing first aid	3
Location of PPE	4
Putting on PPE	4
Cardiopulmonary resuscitation	4
Remove and dispose of PPE	5
Cleaning	5
Clothing	5
First aider actions.....	5
Associated guidance	6

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

Risk information

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

Document review changes are detailed here

06-05-2021	Management responsibilities updated First Aider responsibilities updated First aid training and requalification updated to reflect that derogations previously in place no longer apply Putting on PPE – link to video added Updated information regarding cardiac arrest in children and rescue breaths Updated links to other relevant documents
22-08-2021	Updated the circumstances that PPE needs to be worn when delivering first aid Updated links

Responsibilities

Headteachers must ensure that:

- The requirements outlined in this document continue to be applied and must not be eased because people involved in work activities or service users have had the COVID-19 vaccine and/or a negative COVID-19 test. Neither the vaccine or a test is a guarantee that the person does not have the virus.
- 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 are not at personal increased risk in relation to COVID-19 (unless a specific assessment has been carried out)
- This guidance is discussed with first aiders and they understand these requirements.
- First aid training venues and courses confirm that they have controls in place to manage the risks of COVID-19 (a template form is available for use) and attendees are provided with relevant safety information as part of their joining instructions.
- First aiders are encouraged to participate in regular asymptomatic testing
- First aiders are encouraged to participate in the COVID-19 vaccination programme.

First Aiders must ensure that:



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

- 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 maintaining distancing and infection control as much as is possible
- They participate in regular asymptomatic testing (LFD) to support the national test, trace and isolate system
- They participate in the COVID-19 vaccination programme when eligible.
- Where close contact with adults or anyone who is symptomatic 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.
- Follow arrangements that have been put in place when attending training.
- Continue to apply infection control measures even if they have recently tested negative or have received the vaccine

First aid training and requalification

First aid training and qualifications must be current.

First aiders whose certificate expired when courses were not available should seek to book onto requalification courses as soon as possible.

All first aiders must continue to refresh their training at least on an annual basis.

Safe working arrangements for providing first aid

In all cases, avoid close contact in the first instance where possible, 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 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 adults and for symptomatic children)

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



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

- 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 and ensure that they familiarise themselves with the instructions for putting on and removing PPE in readiness for responding to a first aid event where this is needed. The How to put on and take off PPE video must form part of that instruction

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 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; or use hand sanitiser. They should also seek advice from the NHS 111 coronavirus advice service or medical adviser.

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.

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. Therefore, mouth to



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

mouth ventilation is recommended for children in asphyxia arrest as there is a greater risk of cardiac arrest and death without it.

If a decision is made to perform mouth-to-mouth ventilation, use a resuscitation face shield where available..

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.

Waste that is generated directly through providing care to a symptomatic or positive test person should be double bagged. Both bags should be tied securely and kept separate from other waste at the premises. This should be put aside for at least 72 hours before being put in the usual waste. If the casualty is not symptomatic or positive the PPE can be disposed of in the general waste.

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 may wish to change your clothing when you get home as a precautionary measure after close contact with a symptomatic person and wash your clothes:
 - 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 10 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



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

- Follow your normal arrangements for recording first aid and checking stock.

Associated guidance

[COVID-19 Compliance Code for all educational settings](#)

[COVID-19 Your health and your safety when working in educational settings](#)

[COVID-19 Guidance for education staff who carry out essential home visits](#)

[COVID-19 Personal Protective Equipment Guidance – specified activities in Education](#)