

ED1 - June 2020

HIGHFIELD PRESENTS...

Delivering safe first aid training during COVID-19

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Guidelines

Your training provider has assessed the risks and put measures in place to keep you and others safe during your training, including:

- social distancing measures –seated 2 metres apart
- smaller class sizes
- adapted training and assessment
- handwashing and sanitising facilities
- personal protective equipment (PPE)
- thorough cleaning of equipment
- managing people who show symptoms.



COVID-19 symptoms

You must not attend your first aid training if:

- you have any of the following COVID-19 symptoms:
 - a new continuous cough
 - a high temperature (greater than 37.8°C)
 - a loss of, or change in your normal sense of taste or smell (Anosmia)
- you should be self-isolating because you:
 - have a family member with symptoms
 - you are in an at-risk group

If any of these apply, you will be excluded from the course.

How COVID-19 spreads

Highfield guidance:



World Health Organization (WHO) video:

<https://youtu.be/1APwq1df6Mw>

On arrival

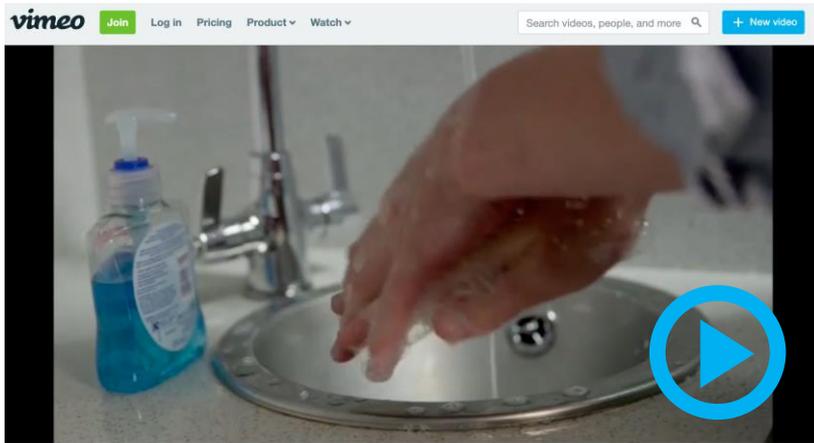
- Wash and/or sanitise your hands when you arrive at the course venue
- You will be provided with an alcohol wipe or alcohol sanitiser to sanitise your hands
- Avoid touching your mouth, nose or eyes
- If you do, you must wash and/or sanitise your hands again

Remember to stay 2 metres away from other people at all times.

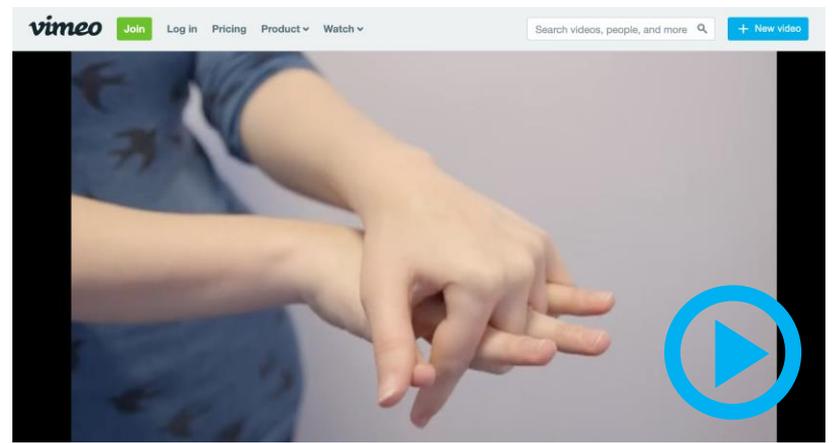


How to wash and sanitise your hands

Handwashing:



Hand sanitising:



During the course – coughing and sneezing

- Cough or sneeze into a tissue and dispose of it immediately or cough or sneeze into your bent elbow
- **Never** cough or sneeze without covering your nose and mouth
- Wash or sanitise your hands immediately after coughing or sneezing.





During the course

- Wash or sanitise your hands:
 - at the end of every theory session
 - before and after every practical session
 - before and after touching any shared equipment
- Make sure you stay 2 metres away from other people throughout the session
- Wear gloves and face masks if they are provided.

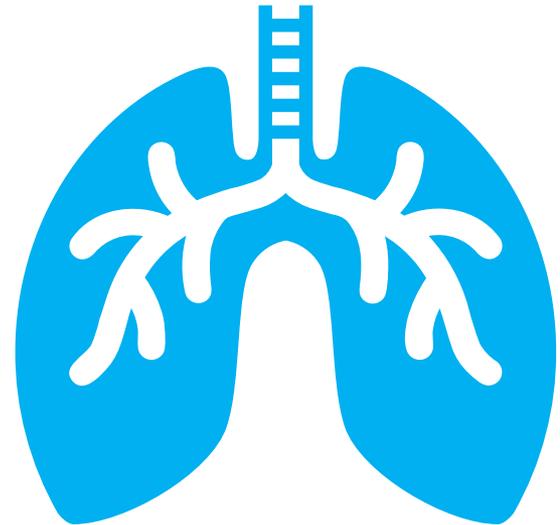
Practical sessions

Adjustments can be made to the way in which practical assessments are carried out to maintain the 2 metre social distancing requirements. This also includes strict infection prevention and control measures.



Practical sessions - CPR

- Manikin lungs, airways and valves must be replaced by the training provider frequently
- One-way valves and filters must be used to prevent air escaping from the manikin
- Learners must use alcohol sanitising wipes to scrub the manikin and defibrillator clean ready for the next learner.



Practical sessions - CPR



If you have been given a face shield to provide additional protection, you must:

- use the face shield facing the same way each time you use it, for example, check the writing on it is the correct way up
- nip the manikin's nose as usual through the face shield
- still use alcohol sanitising wipes to clean the manikin's face, forehead and chest ready for the next learner.

Practical sessions – unconscious casualty

- Your trainer may demonstrate the recovery position on a learner if both are wearing surgical masks and sanitise their hands before and after
- If masks are not available the trainer will demonstrate putting themselves in the recovery position
- You will be assessed by performing the primary survey on a manikin and placing yourself into the recovery position
- You may be asked to take part in a professional discussion to ensure your knowledge and skills meet the assessment requirements

Remember to wash or sanitise your hands before and after touching shared equipment.





Practical sessions – secondary survey

You will:

- perform the secondary survey on a conscious person acting as a casualty
- maintain 2 metres physical distance from the ‘casualty’
- perform the head to toe assessment verbally, speaking with the ‘casualty’ to determine identifiable injuries.

Practical sessions – choking casualty

You will:

- wash or sanitise your hands before and after conducting the demonstration
- demonstrate back blows and the correct hand positioning for abdominal thrusts on a manikin

Remember to wipe down any shared equipment ready for the next learner using alcohol sanitising wipes.



Practical sessions – external bleeding and shock

You may be asked to:

- apply a bandage to yourself, e.g. a leg wound **or** apply a head wound dressing to a manikin
- put yourself in the appropriate position to treat shock
- take part in a professional discussion to ensure your knowledge and skills meet the assessment requirements

Remember to wash or sanitise your hands before and after touching shared equipment.



Practical sessions – slings

- You should demonstrate how your arm sits in a support and elevated sling by placing a triangular bandage on your arm
- Instead of tying the sling behind your neck, you should hold the ends of the sling tight so you can show where the sling would sit and state 'I would tie it in this position.'



Practical sessions – spinal injuries

You will:

- demonstrate how you support the head on a CPR manikin
- place yourself in the correct spinal recovery position
- take part in a professional discussion to ensure your knowledge and skills meet the assessment requirements

Remember to wash or sanitise your hands before and after touching shared equipment.



Practical sessions – management of anaphylaxis

You will:

- demonstrate how to administer a ‘trainer’ Adrenaline Autoinjector (AAI) on your own thigh
- place yourself in the correct casualty positioning for anaphylactic shock
- take part in a professional discussion to ensure your knowledge and skills meet the assessment requirements

Remember to wash or sanitise your hands before and after touching shared equipment.



Any concerns?

If you have any concerns before, during or after your first aid training you should raise these immediately with the trainer.

