

Covid Statement to our First Aiders

This document is an addition to our Health and Safety Policy.

It is being issued to all RedCat appointed First Aiders as you may be concerned about how and when you can offer First Aid support to people now you are back at work. We have made every effort to ensure that colleagues and those visiting the Offices during the time are free from symptoms. In addition, normal personal safety requirements must be adhered to.

We appreciate that during this difficult time there may be less of you who are comfortable to step forward and help your colleagues, should they need First Aid treatment due to the requirement to socially distance by 2 metres. The first thing to do when being called to attend an incident is to explain to the person how can help themselves.

The First Aid requirements that you are likely to come across currently at the Offices are likely to simple and the steps to take in an such emergency can be explained to an ill or injured person so they can help actually help themselves. As an example, if they are bleeding heavily, you can ask them to apply pressure to the wound with whatever they have available while you call 999 for emergency help.

If you do need to help an individual who you are concerned may have any infection, wherever possible place the person in a location away from others, and ask them to place a covering even a towel over their face.

If someone is so badly injured or ill that they are unable to help themselves it is even more important you as a First Aider does step in and help. For example, not helping someone who is not responsive or not breathing will dramatically reduce their chance of survival but the risks to the first aider are very low especially if good hygiene practices are followed. In your return to work kit you have been provided with hand sanitiser, wipes, and a face shield (see below).

Your Safety whilst administering First Aid.

It is important to remember that as a first aider you have always had to consider the risk of infection, not just now, from corona virus (Covid 19) but from other infections. Normal hygiene measures are known to significantly reduce the risk of infection and must be followed where-ever practicable.

Wear suitable PPE;

- disposable gloves
- a disposable apron
- protective eye-wear/goggles.

Exactly what you need depends on who/what you are assisting with. PPE is available in the First Aid Kit NB If these items are not readily accessible, then treat the ill or injured person as normal but be doubly sure to wash your hands without delay following the treatment.

Wash hands; follow Hand Washing procedures after any contact with a casualty.

The RedCat Partnership at No 8 Thorpe Road

Health & Safety Policy & Procedures; COVID-19 amendment

Compression only CPR

As a precaution the Resuscitation Council UK have provided updated advice:

1. Check if they need CPR by looking for absence of signs of life and normal breathing.

Do not listen or feel for breathing by placing your ear and cheek close to the persons mouth. If you are unsure, assume they are absent.

2. Call 999 as soon as possible.

If corona virus infection is suspected, do state this when you dial 999.

3. Give chest compressions: push firmly downwards in the middle of the chest and then release.

If you think there is a risk of infection, you should attempt compression-only CPR and, if accessible (or a colleague can retrieve) use a close-by Automated External Defibrillator (AED). The nearest is adjacent to The Alan Boswell Offices on Prince Of Wales Road Call 999 for the lock code. Continue until the ambulance arrives. <http://www.heartsafe.org.uk/aed-locations>

Wear a face covering (including goggles if risk of vomiting/bodily fluids) and disposable gloves. If you decide to perform rescue breaths on someone who is not breathing, use a resuscitation face shield (on a green keyring in the First Aid Kit)

4. Wash your hands

After performing compression-only CPR, you must wash your hands thoroughly with soap and water; your hand gel can be used as an interim measure only. You can also seek advice from the NHS 111 coronavirus advice service.

Up-to-date information from the Resuscitation Council UK is here

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

Other Advice

Up to date information for first aider and first responders from Public Health England is here
<https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-interim-guidance-for-first-responders/interim-guidance-for-first-responders-and-others-in-close-contact-with-symptomatic-people-with-potential-2019-ncov>

The NHS and its ambulance service are under tremendous strain now. However, do call 999 for life threatening emergencies such as unresponsive people, those with chest pain, breathing difficulties or severe allergic reactions.

For non-life-threatening emergencies consider if there is an alternative source of help such as talking to a pharmacist (closest is Boots the Chemist on Riverside), self-care at home or going to a local pharmacy, urgent care centre or minor injuries unit (such as the Walk-in Centre on Rouen Road). Further advice can be found at the NHS website here <https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/when-to-call-999/>