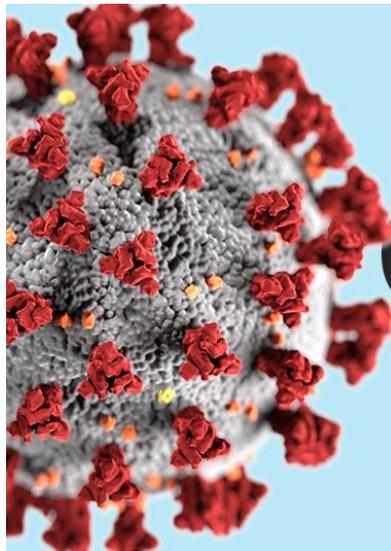


# IHMP First Aid Training

## COVID (Pandemic) Module V1.



# COVID-19

CORONAVIRUS PANDEMIC



Stephen Craig-Murray Assessor  
ITDA Group International Inc. Ltd.  
IHMP First Aid Training V.1.0



# First aid during the coronavirus (COVID-19) pandemic Module

This material covers first aid requirements in non-healthcare settings during the pandemic, as well as first aid cover and certifications.

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- Note: Temporary omission of rescue breaths from training during currently high transmission rates.

## Temporary omission of rescue breaths from training during current period of high transmission rates

The Resuscitation Council UK (RCUK) has stated that they are supportive of training providers who may wish to omit practical teaching and assessment of rescue breaths in first aid training while coronavirus transmission rates are extremely high.

RCUK are leaders in the field of CPR and HSE support their position on this for most First Aid at Work (FAW) and Emergency First Aid at Work (EFAW) training courses.

This is a precautionary measure and providers who are satisfied that they are able to safely deliver practical teaching and assessment of rescue breaths may continue to do so.

Rescue breaths should continue to be practically demonstrated and assessed in training courses for Paediatric First Aid training (PFA), front-line emergency services or if the first aider is, for example, a lifeguard who may be expected to treat someone who is drowning.

If an FAW or EFAW training or requalification course does not include practical teaching of rescue breaths, employers should make sure that that the training includes:

- a practical demonstration by the trainer themselves and or a video demonstration of rescue breath techniques
- full training in the theory for giving rescue breaths.
- assurance from the training provider that the student is competent to give rescue breaths, as far as can be expected without being assessed in practice, assurance from the training provider that the student is as competent to give rescue breaths, as far as can be expected without being assessed in practice.



Temporary omission of rescue breaths continued...

HSE always strongly recommends that workplace first aiders undertake annual refresher training. If first aid training or requalification during the coronavirus outbreak has not included practical training and assessment for giving rescue breaths, employers should ensure that this is included in the next refresher course.

This guidance will be reviewed as transmission and infection rates improve.

## **Annual refresher training**

If first aiders are unable to access annual refresher training face to face during the coronavirus (COVID-19) pandemic, HSE supports the use of online refresher training to keep their skills up to date.

HSE still strongly recommends that the practical elements of actual FAW, EFAW and requalification courses are delivered face to face, so that competency of the student can be accurately assessed.

## **Interrupted first aid training.**

If because of coronavirus you cannot complete training for your first aid qualification within the usual timeframe, training can restart later if:

- A full recap of training delivered before the interruption is done before moving onto undelivered modules.
- The training provider is content that you can show/demonstrate:
  - A full understanding of all aspects of the course content
  - The knowledge required and competencies at the end of the training.

## **First aid in non-healthcare settings**

This guidance will help employers ensure first aiders are confident that they can help someone injured or ill at work during the coronavirus (COVID-19) pandemic.

Employers and their first aiders should take account of the specific guidance on giving cardiopulmonary resuscitation (CPR) from the [Resuscitation Council UK](#).

Emergency service professionals, such as NHS ambulance workers, will receive specific advice from their employer.

## **Check your first aid needs assessment**

As an employer, when reviewing your risk assessment to include working during the pandemic, consider refreshing your first aid at work [needs assessment](#).



# First aid needs assessment

HSE cannot tell you what provision you should make for first aid. You, as an employer, are best placed to understand the exact nature of your workplace and decide what you need to provide.

First aid provision must be 'adequate and appropriate in the circumstances'. This means that you must provide sufficient first aid equipment (first aid kit), facilities and personnel always.

In order to decide what provision, you need to make you should undertake a first aid needs assessment. This assessment should consider the circumstances of your workplace, workforce and the hazards and risks that may be present. The findings will help you decide what first-aid arrangements you need to put in place.

In assessing your first-aid needs, you should consider:

- the nature of the work you do
- workplace hazards and risks (including specific hazards requiring special arrangements)
- the nature and size of your workforce
- the work patterns of your staff
- holiday and other absences of those who will be first-aiders and appointed persons.
- your organisation's history of accidents

You may also need to consider:

- the needs of travelling, remote and lone workers
- the distribution of your workforce
- the remoteness of any of your sites from emergency medical services
- whether your employees work on shared or multi-occupancy sites
- first-aid provision for non-employees (eg members of the public).

## Mental ill health and first aid

Following your employers' first aid needs assessment; you might decide that it will be beneficial to have personnel trained to identify and understand symptoms and able to support someone who might be experiencing a mental health issue.

You should consider ways to manage mental ill health in your workplace which are appropriate for your business, such as providing information or training for managers and employees, employing occupational health professionals, appointing mental health trained first aiders and implementing employee support programmes.

Mental Health and First Aid... Continued...

First aid training courses covering mental health, teach delegates how to recognise warning signs of mental ill health and help them to develop the skills and confidence to approach and support someone, while keeping themselves safe.

There is a wide range of training providers offering mental health awareness or first aid training and details of available training that best meets the needs of your organisation can be found by conducting a simple internet search.

You do not need to record the findings of your need's assessment, but you may find it useful to do so, as it will demonstrate how you have decided on the first aid provision / course of actions that you make.

The minimum requirement in terms of personnel is to appoint a person to take charge of first aid arrangements. The roles of this appointed person include looking after the first aid equipment and facilities and calling the emergency services when required. The appointed person can also provide emergency cover, within their role and competence, where a first aider is absent due to unforeseen circumstances. An appointed person is not required to have any formal training.

If your workplace has more significant health and safety risks, for example you use machinery or hazardous materials then you are more likely to need a trained first aider.

There are no hard and fast rules on exact numbers, and you will need to consider all the relevant circumstances of your workplace.

Ask your first aiders if there are any factors that should be considered as part of your risk assessment, for example vulnerable workers with first aid responsibilities.

You should discuss the risk assessment with your first aiders, so they are comfortable and confident about providing the right assistance. This includes knowing what equipment they can use to minimise risk of infection transmission, as explained below. (Oxygen First and AED Courses are available from IHMP/ITDA)

## Guidance for first aiders

Try to assist at a safe distance from the casualty as much as you can and minimise the time you share a breathing zone.

If they are capable, tell them to do things for you, but treating the casualty properly should be your first concern.

Remember the 3P model – preserve life, prevent worsening, promote recovery.





Guidance for first aiders continued...

### Preserve life: CPR:

- Call local EMS immediately – tell the call handler if the patient has any COVID-19 symptoms or signs.
- Ask for help. If a portable defibrillator is available, ask for it.
- Before starting CPR, to minimise transmission risk, use a cloth or towel to cover the patient's mouth and nose, while still permitting breathing to restart following successful resuscitation
- If available, use:
  - a fluid-repellent surgical mask
  - disposable gloves
  - eye protection
  - apron or other suitable covering / PPE (Personal Protective Equipment)

Only deliver CPR by chest compressions and use a defibrillator (if available) – **don't** do rescue breaths (for CPR in paediatric settings see specific [guidance from the Resuscitation Council UK](#))

### Prevent worsening, promote recovery: all other injuries or illnesses.

- If you suspect a serious illness or injury, call EMS immediately – tell the call handler if the patient has any COVID-19 symptoms.
- If giving first aid to someone, you should use the recommended PPE equipment listed above if it is available.
- You should minimise the time you share a breathing zone with the casualty and direct them to do things for you where possible.
- Try to maintain a minimum safe distance IF POSSIBLE of 2m/6ft.

### After delivering any first aid

- Ensure you safely discard disposable items and clean reusable ones thoroughly with micro bacterial materials.
- Wash your hands thoroughly with soap and water and an alcohol-based hand sanitiser as soon as possible.

## First aid cover and certifications during the pandemic

If first aid cover for your business is reduced because of coronavirus or you cannot get the first aid training you need, there are some things you can do so that you still comply with the law. (See: <https://academy.diveitda.com>)

You should review your first aid needs assessment and decide if you can still provide the cover needed for the workers that are present and the activities that they are doing.





First aid cover and certifications during the pandemic continued...

## **Keep enough first aid cover.**

If fewer people are coming into your workplace, it may still be safe to operate with reduced first aid cover. You could also stop any higher-risk activities.

## **Share first aid cover with another business.**

You could share the first aiders of another business, but be sure that they have the knowledge, experience, and availability to cover the first aid needs of your business.

Shared first aiders must:

- be aware of the type of injuries or illnesses that you identified in your first aid needs assessment and have the training and skills to address them.
- know enough about your work environment and its first aid facilities. (Orientation maybe required?)
- be able to get to the workplace in good time if needed.

Whoever provides the temporary cover must make sure they do not adversely affect their own first aid cover.

## **First aid certificate extensions**

### **Offshore Medic and Offshore First Aid Certificates**

From 31 October 2020 offshore medic (OM), or offshore first aid (OFA) certificates, must be current and in date. The temporary COVID-19 extension arrangements end.

### **First Aid at Work (FAW) and Emergency First aid at Work (EFAW) certificates requalification (International versions available from IHMP/ITDA)**

First aid providers have resumed first aid training and assessment. In some cases, there remains a back log or limited availability.

FAW or EFAW certificates that expired after 16 March 2020 can remain valid until 31 October 2020 or 6 months from date of expiry, whichever is later. All requalification training for these certificates should be completed by 31 March 2021.

To qualify for the extension, employers must be able to demonstrate that:

- they have made every effort to arrange requalification training as soon as possible and can explain in detail why they have not been able to do so. For example, they must show evidence that staff with expired certificates are booked on to EFAW or FAW requalification courses, if requested by an inspector



Certificate's requalification continued...

- they have adequate and appropriate equipment and facilities to give first aid to any employee who is injured or becomes ill at work.
- the level of first aid cover provided remains appropriate for their work environment.
- the level of first aid provision necessary in high-risk settings is fully maintained, e.g., in construction, agriculture, engineering and chemicals.

This guidance now applies to employers in England, Scotland, and Wales. NOTE the EU RC and Many International bodies are applying similar guidance. IHMP Offers compliance with International standards bodies and the UK HSE / UKRC and ERC.

ITDA Group International offer diver, advanced diver, and professional diver IHMP First Aid Certifications in 60 Countries.

### **CERTIFICATIONS AVAILABLE TO INTERNATIONAL STANDARDS INCLUDE:**

**CPR First Aid – BLS Basic Life Support – Oxygen Provider – AED Provider LST / ALST – Advanced Life Support Technician.**

**Hyperbaric Training: Chamber Operations (Multi place, Multi Lock) / Tender**

**DMT Dive Medic Technician – Chamber Supervisor / Trainer**

**Sports Injuries First Aid**

**Aquatic Rescue and First Aid – Under Water Rescue / Recovery**

**Specialist Rescue**



See:

<https://www.diveitda.com> – [www.ihmpmedical.com](http://www.ihmpmedical.com) – <https://academy.diveitda.com>

Mail us at: [admin@diveitda.com](mailto:admin@diveitda.com)