

## First Aid Officers– Providing First Aid During COVID-19

As trained First Aid Officers will be aware, there is a need to minimise the risks and dangers to themselves (and others) before providing assistance to a potentially injured/ill person. With the **emergence of COVID -19**, there is a reinforced need to protect against the risks of infection from all contagious infectious disease, not just COVID-19.

**When assessing a casualty, approach every situation as if everyone (the first responder, the casualty, and bystanders) are infected with COVID-19 or another contagious infectious disease.**

### **BASIC FIRST AID**

#### **ASSESS THE SITUATION:**

1. Does the injured person require observation only or is hands-on care required?
2. Can the injured person be assisted at 1.5m?
3. Do you have a Hygiene Kit with appropriate Personal Protective Equipment (PPE)?
  - a. Gloves
  - b. Eye protection (goggles or eye shield)
  - c. Mask (P2/N95) or surgical
  - d. Hand Sanitiser
4. Ensure that bystanders are kept at a distance (send them to get help or assist at a distance)

#### **TAKE PRECAUTIONS:**

1. Provide the injured person with a surgical mask and ask them to put it on unless this will aggravate breathing difficulties.
2. Perform [hand hygiene](#) (wash hands with soap and water or an alcohol-based substance).
3. Put on a P2/N95 mask, eye protection and gloves.

#### **AFTER ASSISTANCE HAS BEEN PROVIDED:**

1. Remove gloves and perform hand hygiene.
2. Remove mask and eyewear and perform hand hygiene again.
3. Put on clean PPE and clean any contacted/contaminated equipment (or dispose of if appropriate) and clean surfaces with detergent/disinfectant and perform hand hygiene again.

### **ADMINISTERING CPR**

It is likely that chest compressions have the potential to generate respiratory droplets or aerosols and close contact needed for some aspects of first aid may have a risk of transmission.

- Take precautions and use PPE as described above.

#### [Watch the CPR during COVID-19 video](#)

- Consider providing compressions-only CPR (a mode of CPR where the first responder provides only compressions, omitting the delivery of breaths) in the event of:
  - Adult casualties of sudden cardiac arrest, or
  - Adults with confirmed or suspected cases of COVID-19
  - A responder that may be unable or unwilling to provide breaths

***Note: Compression-only CPR saves lives compared to no CPR.***

- Know what additional equipment and techniques may be available to you for providing breaths. For example, if an MTV (Manually Triggered Ventilator) or a bag/valve/mask is available, breaths can be delivered without the higher risks associated with mouth to mouth or mouth to mask delivery methods.
- Request and use an AED at the earliest opportunity.

As always, remember **DRSABCD**, call **000** to ask for an ambulance and inform them that **it could be a suspected COVID patient**, also notify Admin or the Principal that an ambulance has been called.

### **TRAINING**

All First Aiders should undertake the following additional training:

- **Schools Infection Prevention & Control Training** online course provided by Learning Manager in consultation with the Department of Education and Training with the Department of Health and Human Services and the Victorian Chief Health Officer, which provides the fundamentals of infection prevention and control for COVID-19; and
- [How to wear a mask](#)
- [Wearing and removing PPE](#)

### **HAZARD: The virus and how it spreads (as of February 2021):**

The virus is known to spread from person to person through: close contact with an infectious person (including the 24 hours before they started showing symptoms); contact with droplets from an infected person's cough or sneeze; touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face.

### **RESOURCES:**

Consider keeping your own COVID-19 kit close by and also ensure that a kit is kept close to the First Aid Kit.

The kit should contain the following:

- P2/N95 mask for the First Responder and a surgical mask for the patient to wear whilst treating them.
- Eye protection e.g. goggles or eye shield for the First Responder.
- Nitrile gloves for the First Responder.
- Plastic gown or biohazard suit for the First Responder or close contacts of patients in the affected area.
- Hand Sanitiser for both First Responder and patient whilst treating the patient.
- Bio hazard waste bag for any used items.
- Sharps Container for any sharps items used during first aid on a potential COVID patient.
- When following the [asthma first aid protocol](#), a spacer should be used if possible.