

HEALTH, SAFETY AND ENVIRONMENT MANAGEMENT SYSTEM GUIDANCE REGISTER		Guidance	G027
 1872 PRIFYSGOL ABERYSTWYTH UNIVERSITY	First Aid Guidance (COVID-19)	Issue	1
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This document is intended to provide information to trained first aiders who may be required to assist with the provision of first aid during the ongoing COVID-19 Pandemic. This guidance is consistent with the Health and Safety Executive's (HSE) guidance for the provision of first aid during the COVID-19 Pandemic.

Guidance for first aiders during the COVID-19 Pandemic

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 the casualty 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.

Preserve life: CPR

- Call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms.
- 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.
- Only deliver CPR by chest compressions and use a defibrillator (if available) – **do not do rescue breaths**.

Prevent worsening, promote recovery: all other injuries or illnesses


- If you suspect a serious illness or injury, call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms.
- If giving first aid to someone, you should use the recommended 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.

After delivering any first aid

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

Further Information

Further information and guidance is available at:

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- *Health and Safety Executive (HSE) First aid during the coronavirus (COVID-19) outbreak:*
<https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm#non-healthcare>;
- *St John Ambulance How to do CPR on an adult: COVID-19 update:* <https://www.sja.org.uk/get-advice/first-aid-advice/unresponsive-casualty/how-to-do-cpr-on-an-adult/>.