



Covid-19 Addendum for First Aid Policy for Riverside Church (Southwell)

What to do if you are required to come into close contact with someone as part of your first aid duties

Personal protective equipment

Where it is not possible to maintain a 2 metre or more distance away from an individual, disposable gloves and a disposable plastic apron are recommended. Disposable gloves should be worn if physical contact is likely to be made with potentially contaminated areas or items

The use of a fluid repellent surgical face mask is recommended and additional use of disposable eye protection (such as face visor) should be risk assessed when there is an anticipated risk of contamination with splashes, droplets of blood or body fluids

When using a fluid repellent surgical face mask, you should mould the metal strap of the mask over the bridge of the nose and make sure the mask fits snugly under the chin, around or across any facial hair if present

Clean your hands thoroughly with soap and water or alcohol sanitiser before putting on and after taking off PPE. In all circumstances where some form of PPE is used, the safe removal of the PPE is a critical consideration to avoid self-contamination. Use and dispose of all PPE according to the instructions provided double bag it and place immediately in an external bin

Cardiopulmonary resuscitation

Whenever CPR is carried out there is some risk of cross infection, associated particularly with giving rescue breaths. Normally, this risk is very small and is set against the inevitability that a person in cardiac arrest will die if no assistance is given. The priority should always be to call for help and dial 999

If you are required to perform cardiopulmonary resuscitation (CPR), you should conduct a risk assessment and adopt appropriate precautions for infection control. Wear the PPE as described above

If there is a perceived risk of infection, do not listen or feel for breathing by placing your ear or cheek near the individual's mouth. A cloth/towel should be placed over the individual's mouth and nose loosely to provide some physical barrier between you both

Whilst waiting for the Ambulance service to arrive, obtain the defibrillator as quickly as possible to help assess the situation, from the library when based at the Riverside Centre or from the outside wall near the entrance to the Minster School

In adults, it is recommended that you **do not** perform rescue breaths or mouth-to-mouth ventilation; perform chest compressions only. Compression-only CPR may be as effective as combined ventilation and compression in the first few minutes after non-asphyxial arrest

(cardiac arrest not due to lack of oxygen)

Cardiac arrest in children is more likely to be caused by a respiratory problem (asphyxial arrest), therefore chest compressions alone are unlikely to be effective

If a decision is made to perform mouth-to-mouth ventilation in asphyxial arrest, use the resuscitation face shield provided

Aiding unwell individuals

If you need to provide assistance to an individual who is symptomatic and may have COVID-19, wherever possible, place the person in a place away from others. If there is no physically separate room, ask others who are not involved in providing assistance to stay at least 2 metres away from the individual. Use barriers or screens if available. The advice for you and any helpers having close contact with an unwell individual or to anyone having given mouth-to-mouth ventilation there are no additional actions to be taken other than to monitor for symptoms of possible COVID-19 over the following 14 days. Should such symptoms develop follow the advice on what to do on the NHS website

Cleaning the area where assistance was provided

Cleaning will depend on where assistance was provided. Public areas where a symptomatic individual has passed through and spent minimal time in (such as corridors) but which are not visibly contaminated with body fluids can be cleaned in the usual way. However, all surfaces that a symptomatic individual has come into contact with must be cleaned and disinfected. If there has been a blood or body fluid spill keep people away from the area. Whilst wearing PPE use and follow the instructions within the Body Fluid Spill Kit

As per the First Aid policy record all incidents in the Accident/Incident book and give the record to the Church Operations Manager for confidential storage. Please also advise of any replacement items needed

References:

Public Health England Covid-19 Guidance for first responders

<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>

Resuscitation Council UK

<https://www.resus.org.uk/covid-19-resources/covid-19-resources-general-public/resuscitation-council-uk-statement-covid-19>