

## Guidance for first aiders during COVID-19 pandemic

### First aiders assisting people with possible COVID-19

As a first aider, you may be asked for assistance by a colleague or student. We have prepared some guidance based on Public Health England (PHE) resources and the Resuscitation Council (UK) to help you provide support.

**First aiders who are immunocompromised or have an underlying health condition should not provide first aid assistance.**

If you fall within one of the vulnerable groups at increased risk of severe illness from COVID-19, consider working from home immediately and follow [PHE guidance](#).

### Before providing assistance to another person

Ask the individual if they have travelled within the past 14 days and/or have experienced any of the following symptoms:

- Cough
- Fever
- Flu like symptoms
- Shortness of breath

If they confirm they have done so, follow the guidance below for assisting someone who is suspected of having COVID-19.

### What to do if you are required to assist someone who is unwell and suspected of having COVID-19

When assisting someone with suspected COVID-19:

Ensure you are wearing disposable gloves. Wash your hands thoroughly with soap and water or use alcohol gel if hand wash facilities are not nearby, before putting on and removing all PPE.

Direct the person to an area away from others. This should be in a separate room, or if this is not possible, ask others who are not involved in providing assistance to stay at least 2 metres away from the individual.

Avoid close or physical contact with the individual.

Ensure the individual has tissues to cover their mouth and nose if coughing and sneezing.

If you do not need to provide physical aid to the individual, help them by calling NHS 111 who will provide instructions on the next steps.

After assisting the individual, wash your hands thoroughly with soap and water at the earliest opportunity. Alcohol hand gel is recommended if soap and water is not available.

Avoid touching your mouth, eyes or nose, unless you have cleaned your hands.

## Assisting with all minor first aid incidents

For all first aid during the COVID-19 pandemic:

Direct the person to an area away from others and ensure other people in the area remain at least 2 metres away from the individual. You should also keep 2 metres distance from the individual as much as possible and avoid close or physical contact with them.

Ensure you are wearing disposable gloves. Wash your hands thoroughly with soap and water or use alcohol gel if hand wash facilities are not nearby, before putting on and removing all PPE.

If the nature of the injury can be dealt with by the individual themselves, eg minor cuts, then provide instructions on the actions they should take and provide any relevant first aid materials for them to self-administer, such as plasters, ice packs, eye wash, etc.

If unsure on how to proceed, call NHS 111 for further advice.

After assisting the individual, wash your hands thoroughly with soap and water at the earliest opportunity. Alcohol hand gel is recommended if soap and water is not available.

Avoid touching your mouth, eyes or nose, unless you have recently cleaned your hands.

## Responding to serious first aid incidents and medical emergencies

**Call 999** if there is a serious first aid incident or medical emergency. Then call Security Services on 0117 3311223 (internal 112233) for additional support.

Ensure you are wearing disposable gloves. Wash your hands thoroughly with soap and water or use alcohol gel if hand wash facilities are not nearby, before putting on and removing all PPE.

If possible, place the person in an area away from others or ensure other people not involved in the response are kept at least 2 metres away.

If you are required to perform Cardiopulmonary resuscitation (CPR) follow the Resuscitation Council (UK) guidance below:

- Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.
- Make sure an ambulance is on its way. If COVID-19 is suspected, tell them when you call 999.
- If there is a perceived risk of infection, rescuers should place a cloth/towel over the patients mouth and nose and attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrives. Put hands together in the middle of the chest and push hard and fast.
- Chest compression-only CPR (i.e. continuous compressions at a rate of at least 100–120 min<sup>-1</sup>) is the recommended alternative to rescue breaths.
- Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.
- After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 coronavirus advice service or medical adviser. After contact with the individual, wash your hands thoroughly with soap and water at the earliest opportunity (alcohol hand gel is recommended if soap and water is not available) and seek advice from the NHS 111 coronavirus advice service or a medical adviser.
- After contact with the individual, wash your hands thoroughly with soap and water at the earliest opportunity (alcohol hand gel is recommended if soap and water is not available) and seek advice from the NHS 111 coronavirus advice service or a medical adviser.

Avoid touching your mouth, eyes or nose, unless you have cleaned your hands after having contact with the individual.

## Cleaning the area where assistance was provided

Keep the area clear of people and contact Facilities Management (Soft Services) to arrange cleaning.

## Used PPE and contaminated waste items

All used PPE and any contaminated waste items:

1. should be put in a plastic rubbish bag and tied when full, then
2. the plastic bag should be placed in a second bin bag and tied, and
3. it should be put in a suitable and secure place and labelled according to [the COVID-19 waste quarantine guidance](#).

## **Precinct**

Waste should be transferred for storage at 1-9 Old Park Hill. Contact the Sustainability Waste team [sustainability-estates@bristol.ac.uk](mailto:sustainability-estates@bristol.ac.uk) or Facilities Management (Soft Services) to arrange.

## **Langford**

Contact Jeremy Sweet, Senior Facilities Manager to arrange storage and disposal.

## **Residences**

Contact your Residential Facilities Management team to arrange collection and disposal.