

# Advice for First aiders: COVID-19



Incident  
notification



Alert



Information



Toolbox talk



## What if I need to provide First Aid/Assistance to someone at work?

If someone is not symptomatic for Covid – 19 but you do not feel comfortable in dealing with the individual due to fear of contracting the virus (remember they are asymptomatic at work therefore presumably not infected), you should consider the following precautions adopted for those who are symptomatic and are suspected to have Covid 19 as follows:

### 1. Should I use Personal Protective Equipment (PPE)?

- Use and dispose of all PPE according to the instructions and training previously provided by your employer or organisation.
- Disposable gloves and fluid repellent surgical face mask (FFP2/3 can also be used) is recommended and, if available, disposable plastic apron and disposable eye protection (such as face visor or goggles) should be worn.
- Wash your hands thoroughly with soap and water before putting on and after taking off PPE.

### 2. What should I do if there is a Cardiac Arrest and CPR is needed?

- 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 victims mouth and nose and attempt chest 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 to the beat of "staying alive".
- Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.
- If the rescuer has access to personal protective equipment (PPE) (e.g. FFP3 face mask, disposable gloves, eye protection), these should be worn.
- After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative.
- After the assist/CPR there are no additional actions to be taken other than to monitor yourself for symptoms of possible COVID-19 over the following 14 days. Should you develop such symptoms you should follow the advice on what to do on the [NHS website](#).

### 3. Hand Hygiene after contact with the individual?

- Wash your hands thoroughly with soap and water or alcohol hand rub at the earliest opportunity.
- Avoid touching your mouth, eyes and/or nose, unless you have recently cleaned your hands after having contact with the individual.
- There are no additional precautions to be taken in relation to cleaning your clothing/uniform other than what is usual practice.

### 4. Cleaning the Area where assistance was provided?

- Cleaning will depend on where assistance was provided.
- It should follow the advice for cleaning in [non-healthcare settings](#). 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 the symptomatic individual has come into contact with must be cleaned and disinfected.

## 5. If there has been blood or body fluid spill?

- Keep people away from the area.
- Use a spill-kit if available, using the PPE in the kit or PPE provided by your employer/organisation and following the instructions provided with the spill-kit.
- If no spill-kit is available, place paper towels/roll onto the spill, and seek further advice from emergency services when they arrive.

## 6. What if I have been in contact with an unwell person?

- If anyone had direct contact with the individual and makes themselves known to you, advise them that if they go on to develop symptoms (cough, fever), they should follow the advice on what to do on the [NHS website](#).

## 7. What to do if you become unwell following contact with someone who have been at risk of Covid 19?

- If you have already been given specific advice from your employer or Public Health England (PHE) about who to call if you become unwell, follow that advice.
- Otherwise, if you develop symptoms of coronavirus infection (COVID-19), however mild, you will need to stay at home for 7 days - refer to the advice on the [NHS website](#) and the [Stay at home guidance](#).

## 8. Q&A

- What did we understand?
- Should I use PPE?
- How do I give CPR if needed?
- What do I do after contact?
- What if I become unwell afterwards?
- If you have any concerns talk to your Manager.