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### Quality, Health, Safety, Environmental & Energy Manual:

Document No:SM-19-1      Pandemic - First Aid Guidance and Provision

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HSE guidance is to be followed to ensure TMHUK first aiders are confident that they can help someone injured or ill at work during a pandemic outbreak.

#### Guidance for first aiders

First aiders must try to assist at a safe distance from the casualty as much as they can and minimise the time they share a breathing zone.

If the patient is capable, they are to be asked to assist the first aider where possible but treating the casualty properly should be the first aiders 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 infectious disease 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 permitting breathing to restart following successful resuscitation
- If available, use:
  - a fluid-repellent surgical mask
  - disposable gloves
  - eye protection ie. face visor
  - apron or other suitable covering
- Only deliver CPR by chest compressions and use a defibrillator (if available) – **don't** do rescue breaths

#### Prevent worsening, promote recovery: all other injuries or illnesses

- If a serious illness or injury is suspected, call 999 immediately – tell the call handler if the patient has any infectious disease symptoms
- If giving first aid to someone, you should use the recommended equipment listed above if it is available
- 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 all disposable items are safely discarded and clean reusable ones thoroughly

- Wash hands thoroughly with soap and water or an alcohol-based hand sanitiser as soon as possible

**First aid cover during the outbreak**

Where required TMHUK has reviewed its first aid needs assessment to evaluate that sufficient cover is available for team members who are working in the depots and for the activities that they are doing.

**First aid certificate extensions**

First aiders who hold a first aid certificate that has expired and cannot access requalification training because of the pandemic, may qualify for an extension. Contact the QHSE team for further guidance.

**Annual refresher training**

First aiders who have been unable to access annual refresher training face to face during a pandemic outbreak will be given the option to complete an on-line refresher course, where this has not been possible TMHUK will waive the requirement for an annual refresher. Payments will still be processed upon the anniversary of the refresher course.