

First Aid Policy – Covid-19

Bulmershe Gymnastics Club

This guidance is to help employers ensure first aiders are confident that they can help someone injured or ill at work during the coronavirus (COVID-19) outbreak.

First aiders that are vulnerable should inform the Head of Operations that they are unable to administer first aid.

First Aid supplies will be monitored by Head of Operations and Membership Manager. When levels get low, coaches need to inform the above immediately.

Try to assist at a safe distance from the casualty as much as you can and minimise the time you share a breathing zone.

Ensure all personal protect equipment is use: Mask, eye protection, gloves and apron.

If they are capable, tell them 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 (First Aid Trained Staff Only)

- 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 resuscitation mask, towel or mask provided in the first aid draw to cover the patient's mouth and nose, while still permitting breathing to restart following successful resuscitation.
- 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) – don't 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
- Record using accident form.