

COVID-19

HYGIENE REQUIREMENTS



Mini Medics first aid training must only take place where this is permissible in accordance with the UK Government and devolved administrations or regional restrictions.

Should you choose to resume first aid training then it is critical that the guidance contained within this document is closely followed for your safety and the safety of learners.

Please note that Government guidance must always be strictly adhered to and that imposed Government restrictions overrule any guidance from us, and it is your responsibility to ensure that the threat level has dropped appropriately in your home nation.

PRIOR TO TRAINING COMMENCING

1. You must risk assess the venue and delivery of your course and mitigate all possible risks identified. This includes considerations such as:
 - Access to the toilets and limiting numbers depending on access routes and size
 - Size of training room and effect on maximum number of learners
 - Learner arrival at the venue and ensuring social distancing is maintained
 - Movement around the venue and building has been considered and suitable measures taken
 - Areas available for breaks and lunch that will enable social distancing to be maintained
2. You must send clear communication to your clients that learners should not attend training should they, or a member of their household, have symptoms of COVID-19 or have had symptoms of COVID-19 in the past 14 days.
The symptoms include a new and persistent cough, fever, and loss of smell and/or taste.
3. Clients should be asked to comply with the NHS Track & Trace programme and notify appropriately should a learner develop symptoms of COVID-19.
4. You must layout your classroom to ensure that social distancing is respected by all persons in the training room. Desks must be placed a minimum of 2 metres apart and the room must allow for exit and entry whilst still adhering to these measures.
5. You must ensure you have adequate resources to run the course whilst meeting these requirements, including:
 - Handwashing facilities and/or alcohol hand sanitiser
 - Gloves
 - Tissues
 - Ample manikin lungs/airways/valves
 - Adequate number of manikins
 - CPR face shields
 - Adequate supplies of bandages
 - Adequate supply of disinfectant/alcohol wipes to clean equipment between use

DURING TRAINING

1. You must, upon arrival, prevent any person who has symptoms of COVID-19 from entering the classroom. This should ideally be completed by temperature screening with a thermal thermometer. If this is not available, the learners should be questioned to ensure that neither they, nor any person from their household, has displayed symptoms of COVID-19 in the last 14 days.
If any learner shows symptoms of COVID-19 or confirms that they, or a member of their household, have shown symptoms of COVID-19 in the last 14 days then they must be refused entry to the classroom and advised to attend training once they have been clear of all symptoms for 14 days.
Should any learner develop symptoms of COVID-19 during training then they must leave the classroom and the guidelines of the organisation should be followed. All persons who have been in the classroom must also follow Government isolation guidelines to prevent the further spread of the disease.



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2. All persons, including the Trainer, must thoroughly wash their hands upon each instance of access and egress to the classroom using the handwashing facilities provided.

Learners should also be advised to sneeze and cough into tissues provided and immediately dispose of them and wash their hands immediately. If a tissue is not immediately available, then learners should be encouraged to cough or sneeze into the bent elbow.

Learners should also be advised of the social distancing measures taken within classroom and building and to ensure they always maintain a distance of 2 metres.

3.

CARDIOPULMONARY RESUSCITATION (CPR)

Individual manikins should be provided for each learner. Where this is not possible, manikins should be shared between small groups and learners should not attempt to practice rescue breaths.

We recommend that learners practice chest-compression-only CPR and the Trainer demonstrates the rescue breath technique using their own manikin.

Wipe the chest, face and forehead of the manikin with 70% alcohol wipes after each learner uses it and allow the surface to dry naturally before the next learner takes their turn. Manikin lungs and airways must be replaced after each training session.

RECOVERY POSITION

Where adequate PPE is available, and learners are willing, they can demonstrate the placement of a casualty in the recovery position. Gloves, face coverings and hand sanitiser must be used to maximise the safety of learners.

CHOKING

Learners can demonstrate the procedure for assisting a choking casualty on a manikin. Learners can demonstrate the action for back blows and abdominal thrusts ensuring they are positioning their hands at the correct point on the manikin and carrying out the motion. You must ensure that all equipment is thoroughly cleaned between uses.

BANDAGING AND SLINGS

Where adequate PPE is available, and learners are willing, they can demonstrate the application of bandaging on another learner, or the trainer themselves. Gloves, face coverings and hand sanitiser should be used to maximise the safety of learners.

Learners should be provided with their own bandages and slings and these must not be shared between learners and should be disposed of after each course.

POST-TRAINING

Once all learners have left the training room it must be thoroughly cleaned using a suitable disinfectant such as Dettol.

Cleaning should include:

- All chairs and desks
- All surfaces touched by any person in the room, including light switches, door handles, etc
- Any cups, glasses, plates, etc used by any person in the room
- Any resources provided such as pens, etc.

All litter, including used tissues, should be immediately disposed of and the bin thoroughly cleaned. All non-disposable resources must also be thoroughly cleaned after each day with a suitable disinfectant. This includes manikins, manikin faces, whiteboard pens, etc.



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