

Safety Alert



SUBJECT: First Aid during COVID-19

RECIPIENTS: All Council Services

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First Aid remains a crucial skill, even as the country deals with the COVID-19 pandemic. St John Ambulance have provided advice for first aiders, as follows:

Be aware of the risks to yourself and others

When approaching a casualty, there is always a risk of cross contamination, especially when you may have to get close to the casualty to assess what is wrong or to check their breathing.

Keep yourself safe

In line with government advice, ensure you wash your hands or use an alcohol gel, both **before** and **after** treating a casualty, and also ensure that you **don't cough or sneeze** over a casualty when you are treating them.

Keep yourself informed and updated

As COVID-19 is a new disease, this is an ever-changing situation and the government and NHS are continually updating their advice. Make sure that you regularly review NHS 111 online or the Gov.uk website, which has a specific section on Coronavirus.

Remember your own needs

These are challenging and uncertain times for all. The COVID-19 outbreak has meant a lot of upheaval and worry for people. In order to help others, you will also need to look after your own needs. Make sure you take time to talk about your fears and concerns with someone you trust, and to take out time to look after yourself.

Updated CPR procedure due to COVID-19 Pandemic

If someone has collapsed, you should first perform a [primary survey](#).

However:

IMPORTANT: Do NOT place your face close to casualty.

- If you have established from the primary survey that they are unresponsive and not breathing, you should ask a helper to call 999 or 112 for emergency help, while you start CPR.
- Ask a helper to find and bring a defibrillator, if available – do not leave the casualty yourself.

Then:

- Ask your helper to put the **phone on speaker** and **hold it out towards** you, so they can maintain a **2m distance**.
- If you are alone, use the hands-free speaker on a phone so you can start CPR while speaking to ambulance control.

Before you start CPR:

- Use a towel or piece of clothing and lay it over the mouth and nose of the casualty.

IMPORTANT: Do NOT give rescue breaths.

St John Ambulance have produced a short video – CPR during COVID-19 see [here](#)

Information for LCC Managers - First Aid requirements / training requests:

St John Ambulance (SJA) is now taking bookings for training at Lincoln-based venues. Please see www.sja.org.uk for venues, dates and prices before contacting FirstAid@lincolnshire.gov.uk to make a booking. You can also request information on the Covid-19 control measures SJA have put in place, if required.

Further details regarding First Aid can be found within the LCC H&S Index for Professionals, [G3](#).

For further advice and guidance, please contact the Corporate Health & Safety team: corporatehealth&safety@lincolnshire.gov.uk.