



Covid-19 Precautions

We would ask all delegates attending our first aid training to risk assess their own situation carefully before attending-please **do not attend** if

- You have symptoms of cold/flu/chest infection/ high temperature
- If you have been recently exposed to anyone with the above symptoms
- If you are over 70 or have any underlying medical conditions that would make you more vulnerable

(In these cases you should self isolate as per Public Health England/NHS guidelines)

Please catch sneezes and coughs in a tissue & dispose asap. & wash or sanitise your hands regularly, especially during practical activities

Standard Infection Control Precautions-First Aid Courses

- Mannikins are cleaned between sessions using Trionic wipes
- Airways are replaced after every course
- CPR Mannikins are fitted with a one -way valve-so you are not directly exposed to air from the lungs when doing cpr
- All CPR is carried out using protective Face-shields
- Mannikins are cleaned between users, using 70% alcohol wipes

Additional Measures COVID-19

- All CPR practice throughout each course will be 'Compression only'- where assessment of 'effective rescue breaths' needs to take place,(RQF courses) this will be based on as few breaths as necessary
- Groups will be kept as small as possible
- Disposable gloves will be provided
- Delegates will be asked to keep to the same mannikin(s) throughout the course
- The classroom environment will be sanitised using Trionic wipes
- Ozone will be used to sanitise training rooms between courses (as necessary)

If you have any concerns at all-please speak with your manager or the trainer on the day