

As trained/qualified first responders, First Aid Officers have always been aware of the need to minimise the risks and dangers to themselves (and others) before providing assistance to a potentially injured/ill person. **The emergence of COVID -19** has reinforced the need to protect against the risks of infection from all contagious infectious disease, not just COVID-19.

**When assessing a casualty, approach every situation as if everyone (the first responder, the casualty, and bystanders) are infected with COVID-19 or another contagious infectious disease.**



### BASIC FIRST AID



#### ASSESS THE SITUATION:

1. Does the injured person require observation only or is hands-on care required?
2. Can the injured person be assisted at 1.5m?
3. Do you have a Hygiene Kit with appropriate Personal Protective Equipment (PPE)?
  - a. Gloves
  - b. Eye protection (goggles or eye shield)
  - c. Mask (P2/N95)
4. Ensure that bystanders are kept at a distance (send them to get help or assist at a distance)



#### TAKE PRECAUTIONS:

1. Provide the injured person with a surgical mask and ask them to put it on unless this will aggravate breathing difficulties
2. Perform [hand hygiene](#) (wash hands with soap and water or an alcohol-based substance).
3. Put on a P2/N95 mask, eye protection and gloves



#### AFTER ASSISTANCE HAS BEEN PROVIDED:

1. Remove gloves and perform hand hygiene
2. Remove mask and eyewear and perform hand hygiene again
3. Put on clean PPE and clean any contacted/contaminated equipment (or dispose of if appropriate) and clean surfaces with detergent/disinfectant.



### ADMINISTERING CPR

It is likely that chest compressions have the potential to generate respiratory droplets or aerosols and close contact needed for some aspects of first aid may have a risk of transmission.<sup>1</sup>

- Take precautions and use PPE as described above

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<sup>1</sup> <https://www.redcross.org/take-a-class/coronavirus-information/first-aid-cpr-aed-care-during-covid-19>

- Consider providing compressions-only CPR (a mode of CPR where the first responder provides only compressions, omitting the delivery of breaths) in the event of:
  - Adult casualties of sudden cardiac arrest, or
  - Adults with confirmed or suspected cases of COVID-19
  - A responder that may be unable or unwilling to provide breaths

*Note: Compression-only CPR saves lives compared to no CPR.*
- It is still recommended to provide CPR with rescue breaths for cardiac arrests that occur after a breathing problem such as
  - Drowning
  - Drug overdose
  - Infants and young children
- Know what additional equipment and techniques may be available to you for providing breaths. For example, if an MTV (Manually Triggered Ventilator) or a bag mask is available, breaths can be delivered without the higher risks associated with mouth to mouth or mouth to mask delivery methods.
- Request and use an AED at the earliest opportunity

As always, remember **DRSABCD**, call **000** to ask for an ambulance, and notify security (if on campus).



All First Aiders should undertake the following additional training:

- [Infection Control Training](#) online course provided by The Australian Department of Health which provides the fundamentals of infection prevention and control for COVID-19; and
- [How to wear a mask](#)

 **HAZARD: The virus and how it spreads:**

The virus is known to spread from person to person through: close contact with an infectious person (including the 24 hours before they started showing symptoms); contact with droplets from an infected person's cough or sneeze; touching objects or surfaces (like doorknobs or tables) that have cough or sneeze droplets from an infected person, and then touching your mouth or face.

 **RESOURCES:**

Email [building.services@utas.edu.au](mailto:building.services@utas.edu.au) to request your hygiene kit (e.g. masks, personal hand sanitiser, wipes). Consider keeping your own kit close by and also ensure that a kit is kept close to the First Aid Kit.

When following the [asthma first aid protocol](#), a spacer should be used if possible.