

Safe + First Aid Training COVID-19 Health and Safety Protocols

Safe Classroom (in-person) Training

Protocols for maintenance of safe in-person first aid classroom training during the COVID-19 pandemic

Registration

- On registration participants will be informed via email to stay home if they have any symptoms of illness prior to class.
- Participants will be informed that they will need to wear a face mask to enter the classroom and during the class. If participants are unable to wear a face covering during their class, they will not be admitted into the class.

Health Screening

- Before admittance into the class: All participants will complete a health questionnaire to determine if they have been ill or have had any signs of illness within the last 24 hours (fever, cough, breathing difficulties/shortness of breath, or other symptoms), travelled outside of Canada within the last 14 days or been in contact with someone who is ill etc. (Source Government of Canada <https://ca.thrive.health/covid19/en>)
- Participants who have pre-existing conditions (e.g., allergies causing sneezing) will be discouraged from attending training. This extra due diligence ensures all participants in the course can feel secure.

Building protocols

- Building signage will include a notice asking those entering to not do so if they are ill or showing signs of illness.
- Signage will indicate clearly where participants should go when they have entered the premises for their training. Directional signage or markings on the floor will be used.
- Easy, visible access to sanitization stations/washroom will be provided near the classroom space. Sanitization stations will include a space to wash hands with soap and water, paper towels instead of cloth towels, hand sanitizer, etc.
- Off-site training will be pre-screened to ensure all the protocols for a safe classroom can be maintained, including but not limited to public health guidelines, space for social distancing, thorough cleaning, sanitizations stations, etc.

Classroom training equipment protocols

- All non-disposable equipment and mannequins used during the class will be cleaned prior to student use.
- All disposable materials will be provided for participant's individual use, including gloves, bandages, etc.
- Small props (such as EpiPens) will be cleaned and disinfected using 70% isopropyl or ethyl alcohol, or a similar disinfecting wipe after each user has handled the item and also prior to storage.

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- Disposable lungs will be removed from mannequins after use. New replacement lungs will be installed in mannequins prior to the next use.
- Other items used in the classroom (e.g. pens, AED trainers, floor mats, tables, chairs) will be regularly cleaned and maintained. This includes cleaning surfaces that may collect germs using 70% isopropyl or ethyl alcohol, or a similar disinfecting wipe.
- Physical manuals will not be used in class.
- Participants may bring their own tablet to class and access the digital version of the manual during training. Successful participants will have access to the digital version of the manual following the course through My Red Cross (myrc.redcross.ca).
- Everyone will have access to the Comprehensive Guide for First Aid & CPR at redcross.ca/comprehensivefa

Training equipment decontamination (cleaning process):

- Will follow Canadian Red Cross national First Aid Program Standards for cleaning solutions.
- Is based on equipment manufacturer's directions.
- Adheres to Public Health Agency of Canada use instructions for cleaning products.
- The face, mouth, and chest plate of mannequins will be cleaned on completion of the class by staff only.

Storage of equipment

- Contaminated training aids will not be placed in their carrying bags until they have been cleaned and allowed to dry.
- A separate receptacle will be used to transport the contaminated training aids to the cleaning space. If this receptacle will be reused, it will be cleaned after each use.
- Staff responsible for cleaning will wait until training aids are fully dry following decontamination before storing in the carrying bags. The carrying bags will be stored in a cool, dry location to prevent mildew.
- Reinstalling disposable lungs in mannequins will be done only prior to use.
- Storage bins, cabinets, and bags will be wiped down or washed often.
- Staff will check cleaning chemicals and wipes for how long they are required to remain wet to kill germs and therefore be effective.

Classroom training set up and standards

- Instructors and participants will wear face coverings (see Face mask protocols) during class and while in the facility. For brief periods of the classes that have CPR practice, it is understood and acceptable that the mask will have to be lowered. If six feet of distance is not possible, masks will be worn.

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- There will be a minimum 2 meters separation (when possible) between students and between students and Instructors, with markings on floors to assist people to maintain physical distancing. This distance can be relaxed only if all participants and the Instructor are wearing procedural masks (not homemade masks).
- Every student must wear gloves during all skill practices and assessment scenarios. Gloves should not be reused.
- Every student must use a pocket mask with single-use one-way valve (one-way valves should be disposed after each participant and not cleaned) when giving rescue breaths on mannequins.
- Only if it is 100% unavoidable, skills are to be practiced and/or demonstrated using mannequins or other inanimate training aids. If skills must be done on participants, a mask and gloves must always be worn. Considerations can be made for family members who live in the same household to work together.
- **Equipment ratios:** A 1:1 student-to-mannequin ratio will apply, along with a 1:1 student to-AED training device ratio, or end-of-class level cleaning for AED training devices between students.
- At a minimum, hand hygiene should be performed at the following times by all participants and Instructors:
 - Beginning and end of class
 - Before and after meals and snacks
 - Before and after skill practice sessions (when wearing gloves, hand hygiene should be done before putting on gloves and after removing them)
- The total number of individuals within a classroom including the number of participants and Instructors will meet the provincial requirements for group gatherings as well as meeting the spacing required for social distancing.
- Knowledge evaluations: after correcting, Instructors should place knowledge evaluations in an envelope for 48 hours before handling by the administrative staff.

Face mask protocols

- Non-medical/surgical masks can become contaminated on the outside or when touched by your hands.
- Participants will be advise that when wearing a mask, they should take the following precautions to protect themselves:
 - Avoid touching your face mask while using it
 - Change the mask for a fresh one if it becomes damp or soiled
 - Non-medical face masks that cannot be washed should be discarded and replaced as soon as they get damp, soiled, or crumpled.
- Instructors will provide the following information during class regarding homemade masks:

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- Homemade masks can provide some protection to others around you when physical distancing is difficult to maintain.
- Homemade masks have not been proven to protect the person wearing the mask.
- Homemade face masks have limitations and need to be used safely.
- After each use, put masks directly into the washing machine or a bag that can be emptied into the washing machine and either washed as well, or disposed of. Cloth face masks can be laundered with other items using a hot cycle and then dried thoroughly.

Hand washing protocols

- Instructors and students will perform hand hygiene using soap and water for at least 20 to 30 seconds.
- The use of soap and water is encouraged as effective hand washing has great results in killing the virus.
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 70% alcohol.
- At a minimum, hand hygiene should be performed at the following times by all participants and Instructors:
 - Beginning and end of class
 - Before and after meals and snacks
 - Before and after skill practice sessions (when wearing gloves, hand hygiene should be done before putting on gloves and after removing them)

Related documents:

- Health Screening Checklist
- Safe Classroom Checklist
- Instructor Protocols