

FIRST AID TREATMENT DURING COVID-19

PPE	Gloves, face shield, KN95 face mask
Training	PPE, Hygiene Practices
Hazards	Spread of COVID-19 Virus

Affected Employees: Workplace First Aid Attendants

The purpose of this Safe Operating Procedure (SOP) is to provide guidance to workplace First Aid Attendants when responding to calls for First Aid treatment during the COVID-19 Pandemic. This guidance is intended to be used in conjunction with standard procedures for first aid provision.

- When you receive a call for First Aid, you should gather as much information as possible, and check for risk factors associated with COVID-19, such as whether the patient is an isolated person, or whether they have symptoms.

Providing First Aid in the Context of COVID-19

- A first aid attendant should always ensure their own health and safety prior to offering first aid.
- A first aid attendant should always perform first aid in accordance with their training and be comfortable with the care they are providing.

General guidelines

- Help the injured person to the extent reasonable, including:
 - ✓ Providing first aid
 - ✓ Requesting further assistance from 911 and Safety and Security
 - ✓ Providing comfort and reassurance to the injured person
- Maintain a physical distance of 2 metres, where possible.
- Minimize contact with materials and equipment.
- Minimize the number of first aiders and other people in direct contact with the injured individual.
- Minimize contact with bodily fluids, saliva and respiratory droplets.
- Discard all disposable personal protective equipment (PPE) following use or contamination.
- Wash hands and all affected surfaces with warm water and soap for at least 20 seconds. Where washing facilities are not readily available, use an alcohol-based sanitizer (at least 60% alcohol).
- Don PPE in accordance with [recommended practices](#) and training.
- Please be diligent regarding use of PPE and conserve available supply, where possible to do so.
- PPE may include:
 - ✓ Gloves
 - ✓ Face shield
 - ✓ KN95 face mask

NOTE: All tools and equipment shall be used in accordance with provincial OH&S legislation, manufacturer's specifications, applicable standards and codes of practice.

First Aid Assessment

Prior to attending the scene of a first aid call, assess remotely (what occurred, what level of intervention is required, to what extent there is reason to believe that there is a risk of COVID-19, etc.).

If major intervention is required (ambulance, hospital care, etc.) contact 911 and Safety and Security, if not already done.

Arrival on Scene

Upon arrival on the scene, maintain an initial physical distance of 2 metres and assess the situation, signs of injury and hazards in the area. Confirm with the injured person what occurred and ask about any underlying conditions or additional information. Proceed as follows:

Minor injury (minor laceration, bruising, burn, etc.)

- Suggest that the injured person self-treat while the first aider provides guidance and supplies from a physical distance of 2 metres.

Moderate injury / unable to self-treat

- Provide first aid treatment in accordance with training received.

Major injury / ambulance required

- Call 911 and Safety and Security.
- Provide first aid treatment in accordance with training received.
- Continue providing first aid in accordance with training received until the arrival of relief (other trained first aid attendants, paramedics, etc.).

Cardiopulmonary Resuscitation (CPR)

- Check for signs of breathing, while maintaining distance (e.g., observe chest cavity).
- Contact 911 and Safety and Security.
- Locate the nearest, accessible AED.
- Lay a cloth, towel or clothing over the injured person's mouth and nose to prevent any potential spread of the virus through contaminated air or saliva.
If breathing resumes ensure the cloth is not interfering with respiration or causing choking.
- First aid attendant should conduct compression-only CPR.
- If there is more than one trained attendant with the required PPE, change places for performing compressions approximately every two minutes, as performing continuous compressions will be fatiguing with full PPE on.
- Inform paramedics of care provided.

According to the Public Health Agency of Canada, the COVID-19 situation is rapidly evolving, and an individual's risk is variable depending on location. If someone's heart stops, and the First Aider is concerned they may have had respiratory symptoms, it is at the individual's discretion to perform or not perform mouth-to-mouth breaths based on personal preference. It's still important to call emergency medical services and find an AED. If the individual chooses to perform breaths, they can also use a barrier device, such as a pocket mask, to help protect themselves

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Incident Hand-Off

- Relay information acquired during first aid intervention to relief personnel.
- Remove PPE
 - ✓ Immediately dispose of single-use items (gloves, disposable facemasks, gowns) in plastic lined garbage can.
 - ✓ Remove equipment without contaminating yourself in accordance with [recommended practices](#) and training, and wash your hands.
 - ✓ Clean any reusable PPE (e.g. face shield) using a clean cloth, wiping with soap and warm water from the inside to the outside. Rinse and allow to air-dry. Ensure that surfaces are treated for a minimum contact time.
- Wash hands and all affected surfaces with warm water and soap for at least 20 seconds. Where washing facilities are not readily available, use an alcohol-based sanitizer (at least 60% alcohol).
- Record treatment and actions.

Resources

[Heart and Stroke Foundation – Modification to Public Hands-Only CPR during the COVID-19 pandemic](#)

[Red Cross – First aid protocols for an unresponsive person during COVID-19](#)

[Public Health Ontario – Infection Prevention and Control for First Responders Providing Direct Care for Suspected or Confirmed COVID-19 Patients](#)

[Putting on Personal Protective Equipment \(PPE\)](#)

[Taking off Personal Protection Equipment \(PPE\)](#)

Users shall be trained to use personal protective equipment (PPE).

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