



## Lifesaving Society Manitoba

### First Aid Teaching and Decontamination Protocols

#### **General Guidelines**

- Consult COVID-19 specific guidelines published by the leading authorities in your activity that can assist your risk mitigation strategy for person-to-person interactions.
- Appropriate facility/ institution specific guidance should be developed for situations where close contact cannot be reasonably avoided. Refer to the workplace guidance for businesses website for more information.
- Each facility should have an operational plan to minimize the risk of transmission of COVID-19 during the pandemic. Plans should include procedures for dealing with a staff or student who becomes ill while at the facility.
- Staff and students must use Manitoba's online screening tool <https://sharedhealthmb.ca/covid19/screening-tool> before attending and should stay home when ill.
- Keep participants informed about public health advice applicable to your setting or activity.
- Use separate exits and consider other creative solutions to discourage congregation.
- Develop accommodations for students and staff who are at higher risk of more severe COVID-19 disease. Staff and students at higher risk of serious illness may consider waiting to return to these facilities.
- Ensure that you have enough training equipment (manikins, facemasks, gloves, mock first aid supplies, etc.) for each candidate, volunteer, and instructor in the course.
- Provide staff, students, and volunteers information on social (physical) distancing. Indoor facilities must post signs indicating physical distancing guidelines. Space out study areas. Maintain a minimum two-meter separation between individuals, except for brief exchanges.
- Consider unidirectional ("one-way") traffic on busy/narrow hallways or entrances to limit close face-to-face contact between participants and remind people to keep to their right at all times and, merge into a single file as needed.
- Hand hygiene stations should be placed at the entrance and strategically throughout the facility and at minimum, all individuals should be directed to clean their hands upon entry and upon leaving the facility.
- Close or restrict access to non-essential features or common areas that encourage people to gather (e.g., locker rooms except for washroom access).
- Ensure enhanced cleaning of washrooms and high-touch surfaces.
- Ensure enhanced cleaning of instructional settings, such as laboratories, studios and classrooms.
- Equipment should not be shared unless it can be disinfected between users. Shared equipment must be cleaned frequently. This can be done by participants, but staff should ensure this is being done regularly. Equipment that is difficult to clean should not be used.

#### **Guidelines for first aid activities where candidates must interact with each other**

- Refer to the chart on page 2 for specific items from Emergency First Aid and Standard First Aid where candidates must demonstrate skills by interacting with each other.
- Remember, a higher number of interactions with others carries greater risk.
- Prolonged contact is defined as lasting for more than 10 minutes of time being less than 2 metres away, and may be cumulative (i.e., over multiple interactions) during one class session. Evidence indicates that person-to-person spread is more likely with prolonged contact.
- Candidates should wear gloves for all first aid skill practice.

- When possible, consider modifying the activity to reduce contact risk (e.g. focus on practices/skill development, minimize close contact and the number of participants in performing arts activities).
- Consider allowing persons in the same activity group (e.g. co-workers) to practice skills together. Or consider teaching to family groups or allowing candidates to bring another person from their household to practice skills that must be done on another person. Keep group sizes small, and ensure that the same participants, staff, and volunteers are grouped together.
- Maintain lists of participants (including volunteers) with contact information (e.g. phone number or email address) for 21 days to ensure appropriate public health follow-up can take place if a participant maybe exposed to COVID-19 during these activities.
- It is recommended to wear facemasks or cloth face coverings as much as possible and whenever physical distancing cannot be maintained to help prevent the infectious respiratory droplets of an unknowingly infected person (the wearer) from coming into contact with other people and surfaces.
- In some activities, wearing a facemask may not be practical or tolerable, e.g. practicing rescue breathing on a manikin.
- Be sensitive to the needs of persons who may not be able to wear a mask (could impair their breathing) or may have difficulty removing the mask without assistance.

### **First Aid items that must be evaluated on another person:**

#### **Basic First Aid (FA1 or Emergency First Aid)**

6: Primary assessment
7: Secondary assessment
15: Conscious obstructed airway – adult
16: Conscious obstructed airway – child
24: Approach, assess, and provide workplace first aid for cardiovascular emergencies heart attack/angina
31: Approach, assess, and provide injured/ill worker management for a suspected spinal Injury

#### **Intermediate First Aid (FA2 or Standard First Aid)**

6: Primary assessment
7: Secondary assessment
15: Conscious obstructed airway – adult
16: Conscious obstructed airway – child
22: Management of shock
24: Approach, assess, and provide workplace first aid for cardiovascular emergencies heart attack/angina
25: Management of a stroke
31: Approach, assess, and provide injured/ill worker management for a suspected spinal Injury
34: Dislocations, sprains, strains, open& closed fractures. <i>Lower limb may be practiced by the student - on themselves</i>
37: Seizures

## **Cleaning/Decontamination**

- Follow all recommended personal hygiene, cleaning, and decontamination procedures as required by Manitoba Public Health and Health Canada.
- Guidance on personal hygiene, cleaning, and decontamination procedures can be referenced from the CDC, and the Lifesaving Society Canada Information Bulletin “Cleaning, Decontamination and Safe Water Management of Aquatic Facilities.”
- Follow manufacturer’s recommended guidelines for cleaning and disinfecting manikins.
- Clean any other re-usable first aid training material as per manufacturer’s guidelines. Items that can be laundered (triangular bandages, re-usable fabric face masks, etc.) should be washed on the hottest setting recommended for the fabric.
- All non-reusable training material should be double bagged and disposed of as any other contaminated material.

## **COVID-19 Self Screening Questionnaire**

1. Do you have any of the following symptoms: severe difficulty breathing (e.g. struggling for each breath, speaking in single words), chest pain, confusion, extreme drowsiness or loss of consciousness?
2. Do you have shortness of breath at rest or difficulty breathing when lying down?
3. Do you have a new onset of any of the following symptoms: fever/chills, cough, sore throat/hoarse voice, shortness of breath, loss of taste or smell, vomiting, or diarrhea for more than 24 hours?
4. Do you have a new onset of 2 or more of any of the following symptoms: runny nose, muscle aches, fatigue, conjunctivitis (pink eye), headache, skin rash of unknown cause, or nausea or loss of appetite?
5. Have you been in contact in the last 14 days with someone that is confirmed to COVID-19?
6. Have you had laboratory exposure while working directly with specimens know to contain COVID-19?
7. Have you been in a setting in the last 14 days that has been identified by public health as a risk for acquiring COVID-19, such as on a flight, in a workplace with a cluster of cases, or at an event?
8. Have you travelled outside of Manitoba in the last 14 days, excluding personal travel to border communities?

If a candidate, volunteer or a member of the course staff answers yes to any of the above questions, and the yes answer is not explainable by a pre-existing and known medical condition, the person cannot participate and should stay home while ill.

## References

Canadian First Aid Manual - Seventeenth printing, November 2018

Guideline COVID-19 Facility Operations Guidelines for Progressive Reopening: Release Date 28 May 2020

<https://www.lifesaving.ca/cmsUploads/lifesaving/File/Guidelines%20for%20Progressive%20Reopening.pdf>

Information Bulletin COVID-19 Resuscitation & First Aid Recommendations: Release Date 15 May 2020

<https://www.lifesaving.ca/cmsUploads/lifesaving/File/Information%20Bulletin%20-%20Resuscitation%20%26%20First%20Aid%20Recommendations.pdf>

Information Bulletin COVID-19 Aquatic Facility Maintenance Cleaning, Decontamination and Safe Water Management of Aquatic Facilities

<https://www.lifesaving.ca/cmsUploads/lifesaving/File/Information%20Bulletin%20-%20Cleaning%2C%20Decontamination%20and%20Safe%20Water%20Management%20of%20Aquatic%20Facilities.pdf>

Manitoba Public Health

<http://www.manitoba.ca/covid19/restoring/phase-two.html>

<http://www.manitoba.ca/covid19/restoring/sports-guidelines.html>

[http://www.manitoba.ca/asset\\_library/en/coronavirus/activities-guidelines.pdf](http://www.manitoba.ca/asset_library/en/coronavirus/activities-guidelines.pdf)

[http://www.manitoba.ca/asset\\_library/en/coronavirus/restoring-guidance-recreational-water-facilities.pdf](http://www.manitoba.ca/asset_library/en/coronavirus/restoring-guidance-recreational-water-facilities.pdf)

<https://sharedhealthmb.ca/covid19/screening-tool/>

Training Videos:

Lifesaving Society British Columbia/Yukon

<https://www.youtube.com/channel/UCie93teTU25371eBBGnKAhw>

WHO Training Videos:

How to wash your hands

<https://www.youtube.com/watch?v=3PmVJQUCm4E>

How to wear a fabric mask

<https://www.youtube.com/watch?v=ciUniZGD4tY>

How to wear a medical mask

<https://www.youtube.com/watch?v=adB8RW4I3o4>