

# First aid training during Covid-19





# Introduction

Due to the coronavirus (Covid-19) pandemic and the need to keep learners and employees safe, British Red Cross Training has implemented a range of new health and safety measures to our training in the venues we use and also made changes to the delivery of first aid training courses with the use of PPE and social distancing measures where appropriate.







# Changes to our first aid training venues

**People understandably will have concerns about their personal safety when returning to the first aid training classroom and the health and safety of both learners and trainers remains our highest priority.**

In this respect, extensive work at each of the training venues we use has been undertaken to ensure compliance with hygiene and social distancing measures in line with government and industry guidelines for Covid-19. This includes each training location undergoing a rigorous health and safety risk assessment to certify them as 'Covid-19 secure'.

## 1. See the signs

On arrival at our venues, learners can expect to see appropriate Covid-19 signage in the reception, training and breakout areas.

Each learner is also asked to complete their details on an individual Health Declaration form and confirm that they are not aware of any health reasons or other restrictions that will stop them attending the course.

In all training locations we are issuing a face mask on arrival which is to be worn in all indoor communal areas and the training room.



## 2.

### Regular hand sanitising

We will provide alcohol-based hand sanitisers on arrival and in each training room and we encourage regular use of the hand washing facilities available at the venue throughout the day.



## 4.

### More use of PPE

Learners will be provided with fluid resistant surgical masks that meet the standards required for PPE. Everyone attending the course, including the trainer, must wear the mask provided at all times whilst on-site and throughout the course. Masks can only be removed when eating and drinking whilst seated 1m apart, or when demonstrating rescue breaths for the purposes of assessment.

Necessary small group work will be done within the same groups to minimise the number of people with whom learners come into closer contact with.



## 3.

### Maintaining social distancing

Seating in the training rooms will be 1 metre apart and floor tape will be used where possible to reinforce this distancing. This includes elsewhere in the venue such as hallways and breakout areas.



## 5.

### More frequent cleaning

Regular deep cleaning is undertaken at the training venues we use, while all equipment, surfaces and toilet facilities are cleaned at the end of each day prior to leaving.

One resuscitation manikin will be provided per learner. We have also significantly increased stocks of manikin faces and face shields with rigorous cleaning and sanitising procedures.





# Changes to how some first aid skills are learnt

The First Aid Quality Partnership (FAQP) give the following guidance on how first aid training should be delivered during Covid-19:

**“The first aid taught should reflect protocols that ensure the safe performance of first aid during the current Covid-19 pandemic backed up by a body of medical opinion and the Resuscitation Council (UK) guidelines. This must still include the teaching of rescue breaths.”**

At Red Cross Training we have made additions to our first aid training delivery considering this guidance so learners can give first aid safely during the pandemic.

The main changes relate to how to check whether a casualty is breathing and giving compression-only CPR when an adult is unresponsive and not breathing.



Where possible, some first aid skills can be demonstrated on yourself for the purpose of assessment to reduce contact with other learners, such as bandaging a limb wound.

Delivery of all other topics on our courses will remain broadly unchanged with consideration on how social distancing can be maintained on these activities.

This depiction of a learner bandaging their own leg over clothing is for the purpose of assessment only and may not reflect first aid delivery in a real emergency.

# How to ensure first aid cover at work

**The Covid-19 pandemic has meant that first aid training has been interrupted and some courses have been unable to take place.**

If your workplace would usually have required first aiders, now is the time to make sure you're still covered as we return to work and first aid training gradually recommences.

If first aid cover for your business has been affected because of coronavirus, there are some things you can do so that you still comply with the law.

## Book a course

You can continue to make bookings in the normal way subject to course and venue availability.

Make a booking on our site by following this [link](#); call **0344 871 8000** or email [rctsales@redcross.org.uk](mailto:rctsales@redcross.org.uk)

> To see our range of courses, view our interactive brochure [here](#)



**4.8/5**  
over 3,800 reviews

**“Excellent trainer, the information provided was clear and concise in easy digestable chunks, delivered in a Covid safe environment.”**

Andrea, Trustpilot review, February 2021

**“Myself and all attendees thoroughly enjoyed the experience. Great practical tasks, even with with current Covid safety procedures in place. Would definitely recommend.”**

Sophie, Trustpilot review, October 2021

**“Excellent training course, delivered in Covid safe manner. Knowledgeable and keen trainer.”**

Michael, Trustpilot review, March 2021

# Helpful resources



## Useful links:

- > **Read blog: 5 main changes to first aid training courses during Covid-19**
- > **Read blog: What to expect on your first aid training course during Covid-19**
- > **Read blog: How to protect yourself when performing first aid during Covid-19**
- > **Read blog: Why is it important for first aid training to continue during the Covid-19 lockdown?**
- > **Click here to visit [gov.uk](#)**
- > **Click here to visit [Resuscitation Council UK](#)**
- > **Click here to visit [NHS 111](#)**
- > **Click here to visit [Red Cross Training FAQs](#)**

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## Mental health and Coronavirus

To offer guidance and assistance during this uncertain period, we've curated a number of resources in our Mental health resources hub; including advice from mental health professionals and actionable tips on how to prioritise your wellbeing.

