

Basic hygiene rules in First Aid training

These rules are in addition to the regular hygiene rules already put into practice in the first aid course, and they aim to limit the risk of contamination in the pre-pandemic flu stage.

In the pandemic flu stage, the training centres must follow the measures set out by the State health services in regards to public spaces. The first aid training will very likely be postponed.

General rules to follow from now on in the first aid training

- The participants and the instructors who show such signs of infection: coughing, fever, aching or overall stiffness must refrain from taking part in first aid lesson.
- In the event that any participant shows such signs of infection within the group the instructor must take the following action:
- Suggest that the participant leaves the lesson and returns to take another course when they are free of symptoms.
- If the participant insists on continuing the course they must be made to wear a surgical mask and frequently use hand sanitizer and not allowed to practice any first aid on other participants or mannequins and especially mouth to mouth resuscitation and CPR.

Using mannequins

Dummies are used in the cardio-pulmonary resuscitation practice.

- Requirements when using mannequins by the instructor and participants

The mannequins must not be used by anyone showing these symptoms:

- a skin cut (unprotected open wound, herpes blister) on the hands, the mouth or the lips,
- any sign of an infectious disease.

- Rules to apply when using a mannequin in a training session

- Make sure all participants and instructors who use the mannequin have clean hands and that everyone is asked to wash their hands thoroughly.

Use only mannequins that have an interchangeable face mask

- During the training session no matter which mannequin is being used the instructor must give each participant an individual face mask which will be used only by that person for the

duration of the course and will be kept when not in use in a plastic bag labelled with their name.

- Directions of how to place the face mask on the mannequin must be given before they can practice artificial ventilation.
- If any of the participants want to abstain from practicing mouth to mouth resuscitation, they can carry out cardio-pulmonary resuscitation applying chest compressions as already practiced in the short training sessions.

The use of devices of the style “screen” are insufficient to protect against infections from participants along with the disinfectant wipes that are offered to clean certain mannequins.

- **Procedures to follow when cleaning the mannequins**

- Refer to the procedure methods of hygiene related to the training materials (cite the reference) and insist on the following elements:
- During the training session no matter which mannequin is being used the instructor must give each participant an individual face mask which will be used only by that person for the duration of the course and will be kept in a plastic bag labelled with their name.
- For the mannequin model Ambu® /Actar® the participant will be given an inflatable bag which will be discarded at the end of the course.
- For the mannequin model Laerdal®, the kit “open the airway” will be used during the entire course and will be discarded at the end of the course.

Training and information

- This information is to be applied and put into practice whenever possible. For all trainings whether beginner or advanced, information on the risk of infection and hygiene must become an integral part of each handling procedure taught.
- This document will be given out at every training session of instructors as well as re-training sessions. In the field, the participation of a doctor and a state nurse is a necessity.
- The management team of the Emergency and First Aid services, along with national health board can be consulted by both individuals and instructors for all further information.
- More information on H1N1 can be found at: www.ifrc.org/what/health/relief/best_defence.asp.

Reference:

- Statement from American heart Association regarding H1N1 Flu (Swine Flu) and CPR training –May 5, 2009