

Guidance on delivering First Aid qualifications



Before commencing delivery of First Aid qualifications you should familiarise yourself and your teaching staff with Covid-19 specific information and updates from the following key sources:

- [Health and Safety Executive](#)
- [Resuscitation Council \(UK\)](#)
- [First Aid Awarding Organisation forum](#)
- any other official guidance relevant to your geographical location.

In particular, you are advised to keep updated on guidance from the HSE and Resuscitation Council as the situation regarding first aid practice and training continues to evolve. You can also contact us for support.

First steps to recommencing delivery

You will need to carry out a risk assessment of the planned delivery, to identify and mitigate all risks of possible spread of Covid-19.

This assessment and additional planning should identify:

- the available equipment for training – you may find that you need to invest in additional equipment including manikins and face shields
- where learners and teaching staff will be able to access handwashing facilities and / or alcohol hand sanitiser
- where and how learners and staff will enter and exit the training space
- areas of the training space that may need to be prohibited for learners to enter (for example the area occupied by the trainer or high-risk areas). This may include the route learners takes to access the main training space
- cleaning apparatus for sanitising equipment (including furniture used by learners), who will carry out the cleaning and at which points before, during and after a training session
- whether you intend to carry out temperature checks on learners or staff before they are permitted to access the training space
- types of visual marking you will use to separate people from one another within the training space and other signage needed to reinforce distance between learners as they access the main training space
- the aspects of course design which ensure learners and trainers avoid close contact with anyone. You may wish to make use of video demonstration of some techniques where to do so will avoid close contact between people without affecting learners' understanding of the skill.

Your risk assessment and planning should be appropriate to your teaching context, your learners and staff as well as official guidance on Covid-19 precautions for your geographical location and any changes to HSE or Resus Council advice. You may have additional issues you need to include in your risk assessment which we have not listed here and as such you should not treat any part of this guidance as comprehensive.

Preparing learners for attending training

Learners will need to be able to made aware of the risks of attending First Aid training and the mitigations you have put in place to minimise these risks. You should ensure that learners understand the relevant risks to them and to others.

You should put in place a check immediately prior to the training taking place to ensure that no learner attends the training who has Covid-19 symptoms or who has been in sufficiently close proximity to someone who has. In holding these conversations with learners and making judgements on whether a learner has been in close

proximity with someone displaying Covid-19 symptoms you should refer to official guidance on Covid-19 symptoms and contact with others for your geographical location. In the UK, the [NHS guidance](#) is the relevant resource.

During training

The training should run on the basis of the risk assessment and planning activity to:

- ensure that a distance of 2m is maintained between learners and between the learners and trainers unless close contact is absolutely necessary for teaching or assessment purposes
- provide appropriate handwashing facilities and / or alcohol hand sanitiser as students enter and exit the training room and throughout their time in the classroom
- make use of appropriate Personal Protective Equipment (PPE) for close contact, in situations where close contact is absolutely necessary and it is for teaching and assessment related to a situation where a first aider would be expected to wear PPE
- prevent anyone who attends with either a fever or cough from entering the classroom (this includes trainers as well as learners)
- manage any instances of people who develop symptoms of Covid-19 during the delivery of any training in line with documented procedures to require the person to leave the training and take appropriate action in terms of whether to cease delivery of the remaining training session
- thoroughly clean all equipment that is used by learners or trainers before use by any other person.

Providing rescue breaths

[Guidance from the Health and Safety Executive](#) (as at 3 July 2020) is that CPR delivery in real-life situations should be by chest compressions and use of a defibrillator (if available) and that rescue breaths should **not** be given during the risk of Covid-19 infection.

[The Resuscitation Council UK Statement on COVID-19 in relation to CPR and resuscitation in first aid and community settings](#) (updated 13 May 2020) provides guidance on the use of rescue breaths in real-life situations, including when the patient is a child.

The position of the [First Aid Awarding Organisation Forum](#) (3 June 2020) is that;

the skill of providing rescue breaths must still be included in CPR training and assessment, however adaptations to protocols that ensure the safe performance of first aid during the current COVID-19 outbreak should also be taught. Guidance must be supported by a responsible body of medical opinion and the Resuscitation Council UK.

As a provider of First Aid training and taking into account your own risk assessment and planning, you will need to determine how best to teach and assess the skill of providing rescue breaths so that a learner would confidently be able to perform CPR in a real-life situation. The equipment you have available to you – in particular, manikins and face shields – as well as the number of learners and relationships between them (for example if members of one household exclusively share a manikin) may enable you to conduct assessments which include learners providing rescue breaths.