



South Cumbria &  
North Lancashire Branch

## Joint meeting 3<sup>rd</sup> July 2020



South Cumbria Occupational  
Health & Safety Group

**Venue:** Zoom meeting

**Topic:** *First Aid during and following a pandemic*

**Speaker:** Phil Newton, Managing Director, *Skills Shop*, Barrow-in-Furness.

Gary McAteer, Chair, *South Cumbria & North Lancashire IOSH Branch* welcomed attendees to the joint meeting of *South Cumbria & North Lancashire IOSH Branch* and *South Cumbria Occupational Health & Safety Group*. He then introduced our speaker Phil Newton, Managing Director & First Aid Instructor at the *Skills Shop*, Barrow-in-Furness.

Phil started his presentation by emphasising how important it was to ensure that First Aiders had the skills and the confidence to deal with workplace emergencies, especially while Covid-19 restrictions are still in place. He illustrated this with an anecdote about a pre-lockdown experience that he had had in Edinburgh. While near the castle a man had collapsed. Phil went to help after explaining that he was a First Aid instructor but a nearby First Aider declined his offer. It was soon apparent that the First Aider was out of his depth and did not have experience of dealing with an outside incident. Phil offered to help again and ensured that the emergency services were alerted and gave the patient some practical assistance. He said that this incident demonstrated that First Aid training needed to take workplace specific examples of the type of incidents that they might encounter there.

He then explained that *HSE* has said that First Aiders whose certificates were due to expire after the 16<sup>th</sup> March 2020 have until 30<sup>th</sup> September 2020 to complete their refresher training.

Next, he reminded members workplace First Aid Risk Assessments needed to be amended in the light of Covid-19 restrictions. This revision should include consideration of the number of First Aiders needed under 'new normal' working conditions including identifying trained First Aiders who are vulnerable to Covid-19.

Phil then gave members 90 seconds to write down any additional items that they thought needed to be added to First Aid kits due to Covid-19 before explaining why he recommended inclusion of the following items: hand sanitiser, three individually wrapped face masks, two pairs of safety glasses, nitrile gloves, an individually wrapped plastic apron, a clinical waste bag, a hand held digital thermometer and small note pad and pen.

He also suggested that the following acronym was a helpful reminder of what to do when faced with a First Aid emergency during the Covid-19 outbreak:

**DR** **D**anger **R**esponse - shout for help and ask someone to call 999 if necessary and report Covid-19 symptoms if present.

Don nitrile gloves and face mask plus apron and eye protection if available.

**A** - Check **A**irways

**B** – Check **B**reathing – use First Aid kit glasses and check temperature if hand-held thermometer is available.

**C** – Cover patient's mouth and nose with face mask, cloth or towel, then **CPR** if necessary, using chest compressions **NOT** mouth to mouth and call for portable defibrillator if available.

Phil explained that after delivering any first aid it was important to ensure that disposable First Aid items were disposed of safely and that reusable items were thoroughly cleaned. First Aiders should also remember to wash their hands thoroughly with soap and water or an alcohol-based hand sanitiser as soon as possible. Phil recommended that the First Aider

should then use the note book to record what had happened and how it had been dealt with – including information about the time and location of the incident as well as the names of other people who were in the vicinity.

Phil then gave a demonstration of how First Aiders should deal with someone who is choking using one of his daughter's dolls to show how the patient should be asked to stand sideways on to the First Aider.

Phil also recommended that members should set emergency contacts on their i-phones because these could be accessed by emergency services in the event of an accident.

Gary then put some members' questions to Phil before thanking him for his practical and helpful presentation. Phil thanked members for listening and provided them with a link to his website where they could view a video of his presentation: [www.skillsshop.co.uk/IOSH](http://www.skillsshop.co.uk/IOSH) (includes a link to an explanation of how to set up emergency numbers on an iphone).

Gary reminded *IOSH* members that voting for *IOSH Council* members is now open and encouraged everyone to vote. He then invited three meeting attendees who are standing for election to Council, to introduce themselves to members: Carol Stearne, Treasurer & CPD Mentor, *South Cumbria & North Lancashire IOSH Branch*, Chris Knagg, Chair, *Manchester & NW Districts' IOSH Branch* and Dylan Thompson, Communications Coordinator, *South Wales IOSH Branch*.

Jo Price, a continuing *IOSH Council* member, Chair, *IOSH Consultancy Group* and a member of *Mersyside IOSH Branch* then gave members a summary of the role of *IOSH Council*. She said that it was important for members to exercise their vote for people who they thought would represent their views on *IOSH Council*.

Related HSE web site links:

Corvid 19 First Aid advice: <https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm>

First Aid needs risk assessment: <https://www.hse.gov.uk/firstaid/needs-assessment.htm>