

Vic First Aid

COVID-19 Coronavirus

Vic First Aid will follow these Covid-19 risk mitigation protocols

Masks must be worn at all our training sessions

- *Please reschedule if you have viral symptoms such as tiredness, cough, aches & pains, nasal congestion, runny nose, sore throat or difficulty breathing or if you have been in contact with anyone who has had the COVID-19 virus or if you have returned from overseas and have yet to complete isolation for 14 days after arrival to Australia.*
- *At every session, we ask students to adhere to our training protocols & hygiene principles including the following: Avoid touching your eyes, nose and mouth, especially after practical activities. Cover your mouth and nose with your inner bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately & ensure you wash or clean your hands as recommended above.*
- *A venue density quotient will be calculated for every training room to ensure full compliance with social distancing*
- *Class contact times will be reduced with the introduction of further online learning to compensate*
- *Each participant will be asked to wash or sanitise their hands upon entry to the training room & at any time they leave & return after breaks*
- *Time will be given for handwashing or sanitising on a regular basis. Trainers will provide 70% alcohol hand wipes & / or hand sanitiser.*
- *Gloves will be available to wear for practical activities where resources may need to be shared.*
- *Ventilations will be simulated during the CPR practical exercises. All other aspects of the CPR assessment remain unchanged.*
- *Practical activities will be modified to avoid the need to touch other people hence maintaining appropriate social distancing*
- *Where possible each person will be able to use their own manikin without the need to share. These will be fully cleaned & sanitised at the end of the session.*
- *Where manikins need to be shared, they will be wiped after each student has used them and also fully cleaned and sanitised at the end of the session.*
- *Where possible each student will have their own AED's, Epipens & Asthma puffers to work with which will be sanitised at the end of the session.*
- *Where AED trainers, Epipens & Asthma resources need to be shared, they will be sanitised with wipes after each student has used them and fully cleaned and sanitised at the end of the session*
- *Each person will have their own set of bandages for the course. These will be laundered in bleach after the course. Any that may have been contaminated will be disposed of.*
- *Refreshment provisions will not be offered – both to minimize contact & droplet spreading*
- *Minimal paperwork to touch & complete by students & trainers*