

## COVID-19 First Aid Protocol

*\*This document is to provide proper steps when assessing first aid needs and additional precautions to be added to the first aid attendants procedures\**

### Description

First aid is a mandatory service required by OHS law. Due to the pandemic of COVID-19, the service still must continue, but first aid treatment and procedures require modification to reduce the potential of transmitting disease.

With the requirements changing due to the pandemic, it is critical to determine the correct level of first aid required. As the workplace circumstances change the risk level must be re-assessed to identify what is needed.

View Canadian Haz-Mat Environmental's [COVID-19 Exposure Control Plan \(ECP\)](#).

### Providing First Aid

The designated first aiders on-site will follow all procedures, as well as priority action approach as per their training, for each patient.

1. Upon being contacted to provide first aid care to an individual, the first aider must:
  - Determine if the patient is conscious and responsive.
  - Verify that a [Health Screening Tool - Blank Template](#) has been completed at the start of the shift or go through the questions with the individual.
  - Find out why the individual requested first aid.
  - In the event the individual has symptoms of COVID-19, send the patient home or to medical aid if safe to do so. Have the worker complete the online self-assessment tool [BC COVID 19](#) and follow the instructions. 8-1-1 may be contacted for more information.
  - If required, call 9-1-1.
2. If it is not essential for the first aider to intervene, the first aid attendant should maintain a physical distance and ask questions:
  - Is anyone sick or in self-isolation in your household?
  - Have you been in contact with anyone who is sick?
3. The first aider must assess if the injury is minor enough for the patient to do treatment by themselves by:
  - Is the first aider able to instruct the patient on how to treat the injury?
  - If yes, then the first aider must direct the patient through the proper OFA

procedures.

4. In the event a patient is not capable of treating themselves with direction from the first aider, then the first aider must be equipped with a sufficient level of PPE to provide first aid.
  - Hands must be washed prior to putting on gloves. While wearing gloves, you should never touch your face or other exposed skin.
  - If possible, instruct the patient to provide themselves with as much first aid as possible. (ex. Wash hands, wash wounds, grab and open bandage, etc.)
  - When coming within 2m of the patient, masks providing protection against transmission must be provided. N95 masks must be worn when working around high risk workers.

### **CPR**

The likeness of transmitting a disease when performing CPR is low, especially when using a breathing barrier. CPR must not be performed if by a person that is not properly qualified. If a first aider feels uncomfortable performing CPR, then call 9-1-1 and hand compressions can be started (no mouth to mouth) if safe to do so. Do this until another first aider takes over or emergency services arrive. Always wear protective gloves if possible.

### **First Aid for Suspected COVID-19**

When an individual is suspected of having COVID-19, precautions must be taken to prevent the spread of disease. The steps should be conducted as followed:

- Suspected infected individuals must have a mask to cover their nose and mouth.
- The first aider must maintain a physical distance of 2m whenever possible.
- Limit all individuals coming in contact with the infected individual.
- First aiders providing direct care are recommended to wear an N95 mask (surgical mask can be used as a last resort), eye protection, disposable gloves and disposable gown, if possible.

*\*It is recommended that non-medical masks (home-made or cloth masks) are used as a last resort if commercial masks are not available.\**

### **Cleaning Procedures**

Disinfect PPE that may have come in contact with the patient prior to removing it. Dispose of PPE, bag any exposed clothing and immediately wash hands.

The area where the patient was, must be cleaned and disinfected following treatment. The area should be cleaned and disinfected with a proper solution.

Follow [COVID-19 Surface Disinfection and Cleaning](#) in potentially contaminated areas.

### **First Aid Attendants**

In the event a first aider comes in contact with a patient that is a suspected or confirmed

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case of COVID-19, they must monitor themselves for a minimum of 14 days for symptoms. If the individual experiences any symptoms, then 8-1-1 must be contacted immediately.