

ZWIĄZEK HARCERSTWA POLSKIEGO, OKRĘG KANADA

Polish Scouting Association in Canada
L'Association des Scouts Polonais au Canada



Schedule B: First Aid Instructions

First Aid Kits

You should review the contents of your first aid kit and check that it contains gloves and hand sanitizer. You should add some surgical face masks, goggles and plastic disposable aprons/gowns to your first aid kit as these will help to reduce the risk of infection if you need to break social distancing.

Social distancing

In a first aid situation you will likely need to come closer than the recommended social distancing guidelines to the person requiring treatment. For minor injuries involving adults or older children it may be possible to get the injured person to do some or all of the treatment themselves. Where the injured person is young, in distress or requires hands on intervention then it may be necessary to be closer than the social distancing rules allow.

Procedure for treating an injured person:

1. If possible you should wear a face mask, a plastic apron/gown and disposable gloves before starting. You should also ask the injured person to wear a mask or face covering if possible (bear in mind that for some people this will not be possible or appropriate).
2. If resuscitation is required or there is difficulty breathing e.g. asthma, choking or the person has a facial injury you should consider the following:
 - If the person has breathing difficulties or a facial injury you should not ask them to wear a mask.
 - If the person requires resuscitation then you should deliver this in accordance with the current advice from the **Canadian Red Cross** (redcross.ca) and using the techniques learned in your first aid training:

First aid protocols for an unresponsive person during COVID-19

Providing first aid during the COVID-19 pandemic can raise questions around safety and transmission. Outlined below are the first aid protocols that should be followed when attending to an unresponsive person.

According to the Public Health Agency of Canada, the COVID-19 situation is rapidly evolving, and an individual's risk is variable depending on location. If someone's heart stops, and the First Aider is concerned they may have had respiratory symptoms, it is at the individual's discretion to perform or not

perform mouth-to-mouth breaths based on personal preference. It's still important to call emergency medical services and find an AED. If the individual chooses to perform breaths, they can also use a barrier device, such as a pocket mask, to help protect themselves.

CPR with breaths is recommended for people who have been trained in CPR, but as an alternative, hands-only CPR can be performed until help arrives if the First Aider is unsure about putting their mouth on a stranger's mouth, or has concerns the person may have COVID-19. If the individual chooses to perform hands-only CPR, they should first call 9-1-1, lay a cloth, a towel, or clothing over the person's mouth and nose to prevent any potential spread of the virus through contaminated air or saliva, and then push hard and fast in the centre of the person's chest until advanced help arrives. In children mouth to mouth with compressions is more likely to be required and so a face shield should be used where possible. The decision as to how to respond should be based on assessing the risks in each specific situation. If the First Aider believes the person may have COVID-19, they should state their concerns to the emergency response tele-communicator so everyone who responds can be aware of the potential for COVID-19 transmission.

3. For all other cases:

- Encourage the injured person to also wear a face mask or covering with due consideration to the situation and the age and level of distress of the individual affected.
- Deliver first aid in accordance with your training.

4. You should keep your mask on until the injured person is either handed over to the first responders / paramedics or to a parent or guardian. Face masks, gloves, etc. should be bagged but can be disposed of in domestic waste. Bodily fluids can be cleaned up with disposable wipes and cleaned down with domestic cleaning products. Dispose of any cloths used for cleaning.

Record Keeping

Ensure you keep records in accordance with Incident Reporting requirements, also record anyone who has had to break social distancing. If the injured person subsequently tests positive for COVID 19 then track and trace will ask the First Aider to self-isolate.