

OCCUPATIONAL FIRST AID ATTENDANT COVID-19 PROTOCOLS April 24,2020

The following document outlines the steps to take for assessing first aid needs and additional precautions for occupational first aid attendants to add to their procedures.

Introduction

First aid is an essential workplace service required by the BC OHS Regulation. During a pandemic, these services must continue to be provided for our worksites to function. Occupational First Aid Attendants (OFAA's) may need to modify their standard protocols for first aid treatment to reduce the potential of transmission.

As circumstances change and workplaces adjust, identifying the correct level of first aid services for every operational shift is crucial. If the number of workers on a shift has changed or the hazard level has increased or decreased, it is important to assess what is needed. Key pieces of information, determined through a detailed first aid risk assessment, will confirm what level of service is required.

You can find the assessment tools to assist with first aid risk assessments which can be found here in our health in safety manual:

<https://zanzibar.safetywizard.ca/sites/zanzibar.safetywizard.ca/files/page-files/Zanzibar%20Health%20and%20Safety%20Manual%202019%20April%2015.pdf>

The first aid risk assessment will help determine the type of Exposure Control Plans (ECP), including control measures recommended by health authorities and regulatory bodies, that are needed. Guidance on assessment and development of Exposure Control Plans for OFAA's can be found here:

[C:\Users\valke\Desktop\Health and Safety\Zanzibar COVID-19 -Exposure Control Plan April 20th 2020 \(1\).pdf](C:\Users\valke\Desktop\Health and Safety\Zanzibar COVID-19 -Exposure Control Plan April 20th 2020 (1).pdf)

First aid Attendants are required to acquire the local testing units number and address in each community they work in.

When Providing First Aid Care

Designated First Aid Attendants will perform the following procedures, including the priority action approach as per their training, for each patient.

1. As soon as someone radios a call for first aid and is received, the first aid attendant should, if possible:

- Find out if the patient is conscious and capable of answering. Ask the worker the **BC COVID-19 Self Assessment Tool** questions to verify the current status of their health.
- Determine the circumstances surrounding the call for help.

- If there are any symptoms of COVID-19, wear proper PPE while dealing with the patient. Send the patient to medical aid if needed and inform them of the patient having symptoms. Call your local testing unit in your community.
- Follow the instructions of the BC COVID-19 Self-Assessment Tool or call 8-1-1 for more information If required if they are just having symptoms of COVID -19,

2. If no critical interventions are required; the first aid attendant should interview the patient from a (physical) distance and ask:

- Is anyone sick in your truck unit or your roommate (if you as the attendant do not know).

3. The first aid attendant should determine if the patient has a minor injury and can treat themselves:

- Can the patient treat the minor injury based on the first aid attendants' instructions?
- If the answer is yes, direct the patient to treat themselves as per the proper OFA Protocol.

4. If the patient cannot treat themselves, based upon a review of the situation, the attendant should don the appropriate level of Personal Protective Equipment (PPE) to provide treatment:

- Hands should be washed first, then gloves need to be put on. Ensure your gloved hands do not touch your face or any other exposed skin areas.
- Instruct the patient in the steps needed to provide first aid to themselves, as much as reasonably possible.
 - i. For example, you can instruct the patient to wash their hands, wash their wound, grab a bandage, open the bandage, and put the bandage on themselves.
- If you must come within 2 metres, masks will provide protection against transmission when used by both the first aid attendant and patient. This can be a DIY mask. Medical masks and N95 masks should be left for high risk patients.

5. If having to apply KT tape to a patient.

- Because of having to come in contact with the patient, your patient and you will wear a mask and your self wearing gloves.
- Try to limit contact by assessing the injury with giving the patient clear instructions on what they must do. Use the Total Physio facetime appointments for helping to determine he injuries. This will help avoiding close contact with the patient.
- Before you apply the KT tape have the strips pre cut and ready to use to make the process faster.
- Try having a roll of KT tape per patient. Have a ziplock bag labeled with their name for example.

6. Dealing with a patient after field work back at the accommodations.

- With still keeping privacy for your patient have a place designated outside of your personal space. This area needs to be kept sanitized at all times.

Additional information on PPE can be found here:

- N95 face masks to be worn by patient and FA when a COVID-19 case is confirmed or suspected.
- Gowns, gloves, facemasks, N95 masks are all to be worn while during screening and dealing with a confirmed or suspected case. All items are to be disposed of properly after every use.
- **Alternate face coverings (e.g. masks, face shields):** If none of the people who are breaching physical distancing are exhibiting symptoms of COVID-19, alternate face coverings may reduce the risk of any asymptomatic transmission. These do not protect the wearer of the face covering, but they may reduce the spread of droplets from the infected individual. When used, they should be used by all workers who are involved in physical distancing breaches. These alternate face coverings include plastic face shields and cloth face masks. These should be used with caution as they may increase the frequency of hand-to-mouth contact and they need to be regularly cleaned and disinfected. Information on the use of cloth masks during the COVID-19 pandemic can be found on the BC Centre for Disease Control website at:

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks>

Health Canada website at:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/instructions-sew-no-sew-cloth-face-covering.html>

- Wash or sanitize hands immediately before putting on the face covering and immediately after removing it.
- Avoid touching the face while wearing the face covering
- Plastic face shields should be cleaned and disinfected between uses.
- Remember after any first aid treatment with a confirmed case or suspect case to change out your clothes immediately and have a shower.

First Aid Treatment (for a patient with suspected COVID-19)

First aid providers caring for people with suspected COVID-19 should follow standard precautions. Have the sick person place a face mask over their nose and mouth if they have not done so already. Limit contact by staying back at least 2 metres, if possible, until that person has done so.

Try to limit the number of individuals in contact with the sick person. Those who provide direct care for someone who may have COVID-19 should wear respiratory protection (e.g. N95 mask, P100), eye protection, disposable gloves, and a disposable isolation gown, if possible. A surgical mask or face shield could be used if respiratory protection is not available. The BC Centre for Disease Control has advised that non-medical masks (e.g. home-made cloth masks) can be used as an interim measure if commercial masks are not available.

Below are links to the COVID 19 Patient First Aid Record and the COVID 19 Patient handout.

[COVID-19 Patient Handout](#)

[COVID 19 Patient First Aid Record](#)

If having to Perform CPR

The risk of disease transmission is low while performing CPR, especially when using a breathing barrier, if you are uncomfortable or have not been trained to perform traditional CPR, have someone call 9-1-1 and start Hands-Only CPR (continuous chest compressions without any mouth to mouth contact) until someone else takes over or emergency help arrives. Use protective gloves, if available.

Cleaning Procedures

While wearing PPE, clean and disinfect items which have touched the patient. After cleaning, dispose of PPE and any exposed clothing and perform hand hygiene. The area should be cleaned and disinfected as soon as possible after treatment has completed with either soap and water or 70% isopropyl alcohol.

Make sure the MSDS of all chemicals are onsite and or accessible to everyone.

Please refer to: <https://zanzibar.safetywizard.ca/> for MSDS Sheets.

Follow the COVID-19 Enhanced Surface Cleaning and Disinfection protocol here:

[COVID -19 First aid enhanced cleaning](#)

[Proper glove removal](#)

For First Aid Attendants

First Aid Attendants who had contact with persons known or suspected to have COVID-19 should monitor themselves for symptoms for a minimum of 14 days (fever, cough, breathing difficulties/shortness of breath, or other symptoms). If these symptoms occur, they should self-isolate and immediately contact their local healthcare provider and 8-1-1.

At the time of this document, WorkSafeBC has not posted any specifics for providing first aid to a presumed/ suspected COVID-19 patient. The above guidelines are based on the current first aid attendant standards, provincial and federal guidelines. This document will be updated as further guidance presents itself.