

IMPORTANT INFORMATION FOR COURSE PARTICIPANTS

Rapid 1st Aid Training uphold high infection control standards to ensure the safety of our customers.

As a leader in first aid and CPR training industry, Rapid 1st Aid Training set a minimum standard for the sanitation and cleaning of training manikins. These standards are in line with industry standards set by the Australian Resuscitation Council (ARC) and manufacturer specifications.

It's important to note that while the risk of infection from a CPR manikin training is very low, it can be further minimised by using proper cleaning and disinfection procedures (Australian Resuscitation Council).

In the current situation, and amid the current Coronavirus (COVID-19) outbreak, it is important that we give you as much information as possible about the procedures we adhere to in order to maintain a safe environment. We also ask you to assist us in the health and safety of our staff and complete the attached questionnaire about possible exposure risks within your workplace.

IMPORTANT: Course participants with signs of respiratory infections (flu-like symptoms, fever, cough, sore throat) or who have mouth or facial lesions (cold sores, chicken pox, impetigo, wounds) should not participate in group training. If the trainer notices any of these symptoms they will ask you to leave and rebook another session after you have recovered free of charge.

Some steps we take include:

- Good hand hygiene on the part of instructors and participants before and after use of manikins and throughout the training session.
- Where hand washing is impractical the use of antiseptic hand rub or gel.
- The use of gloves in CPR training scenarios.
- Daily cleaning and sterilisation of training manikins between each use.
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- Bandages and slings are either disposed of or washed regularly.
- Using alternative equipment for CPR rescue breaths, such as a Resuscitation mask and one-way valve or bag value mask eliminating the need for mouth-to-manikin breaths.
- Provision of individual face shields for CPR training manikins, when required.
- Each student is provided an alcohol wipe to wipe down training manikin prior to use.
- Bandages and slings are either disposed of or washed regularly.

COVID-19 FACTS AND INFO

What is COVID-19

COVID-19 is a new strain of coronavirus that has not been previously identified in humans. It was first identified in Wuhan, Hubei Province, China, where it has caused a large and ongoing outbreak. It has since spread more widely in China. Cases have since been identified in several other countries. The COVID-19 virus is closely related to a bat coronavirus.

There is much more to learn about how COVID-19 is spread, its severity, and other features associated with the virus; epidemiological and clinical investigations are ongoing.

Outbreaks of new coronavirus infections among people are always a public health concern. The situation is evolving rapidly.

How is the virus spread?

Human coronaviruses are spread from someone infected with COVID-19 virus to other close contacts with that person through contaminated droplets spread by coughing or sneezing, or by contact with contaminated hands, surfaces or objects.

The time between when a person is exposed to the virus and when symptoms first appear is typically 5 to 6 days, although may range from 2 to 14 days. For this reason, people who might have been in contact with a confirmed case or have just returned from overseas, are being asked to self-isolate for 14 days.

Most COVID-19 cases appear to be spread from people who have symptoms. A small number of people may have been infectious before their symptoms developed.

How long does COVID-19 last on surfaces?

According to the World Health Organization, it is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

If you think a surface may be infected, clean it with a common household disinfectant to kill the virus and protect yourself and others. Clean your hands with an alcohol-based hand rub or wash them with soap and water. Avoid touching your eyes, mouth, or nose.

What are the symptoms?

- Patients may have fever,
- cough,
- runny nose,
- shortness of breath and other symptoms.

In more severe cases, infection can cause pneumonia with severe acute respiratory distress.

COVID-19 PRECAUTION & PREVENTION SURVEY

Government restrictions mean that all people, including Australian citizens, who have been overseas and arrived from 12am on 16 March, are required to self-isolate for 14 days.

It is best practice to self-isolate if you do show any symptoms of a cold or flu for up to 14 days or see you GP to be tested if concerned.

Rapid 1st Aid is committed to ensuring a healthy and safe working environment for all our clients and trainers, as part of this commitment we ask that all clients complete the following survey. This will ensure we can offer you a safe and committed service.

Company Name			Name of Person Completing Survey	
Question	Yes	No	Additional Comments	
Has any of the students or you been overseas in the past 14 Days?				
Have any of the students attending this course had any cold or flu like symptoms in past 14 days?				
Has the training room / facility where the training going to be held been cleaned and disinfected for this course?				
You will notify all students that if they become unwell or show signs of any flu like symptoms that they are not to attend the training?				
Will there be access to suitable wash basins and soap and hand washing facilities at this facility?				
Is the room well vented where training is to be held?				
Is the above ventilation provided solely from air condition or another form of air ventilation system? If so, can we get fresh flowing air into the room or turn of recycle air features off to allow fresh air into the ventilation system? <i>Provide additional comments.</i>				

Should after completing this survey your circumstances change you agree to notify Rapid 1st Aid Training in a timely manner, and we will work with you to work out an alternative arrangement or date to complete you training.

To the best of my knowledge the above information is true and correct at the time of completing this form.

NAME: _____ DATE COMPLETED: ____/____/____

SIGNATURE:

COVID-19 TRAINERS STATEMENT

I Anne Rowley confirm I have not traveled overseas in the past 14 days and have not had any contact to the best of my knowledge with anyone who has contracted COV-19 or shown possible signs of flue like symptoms.

I promise to inform you of any change in my circumstances in a timely manner to allow for a reschedule of the course if required.

Trainers Name: _____ Date Statement Made ____/____/____

Signature

SOME USEFUL POSTERS FOR YOUR WORKPLACE ARE ATTACHED TO THIS DOCUMENT

USEFUL LINKS BELOW FOR MORE INFORMATION

QLD

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19>

NSW

<https://www.health.nsw.gov.au/Infectious/alerts/Pages/coronavirus-faqs.aspx#3-4>

VIC

<https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>

SA

<http://emergencydepartments.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+topics/health+topics+a++z/covid+2019/community/information+for+the+community++covid-19>

ACT

<https://health.act.gov.au/public-health-alert/updated-information-about-covid-19>

NT

<https://health.nt.gov.au/health-alerts/novel-coronavirus-covid-19>

WA

<https://healthywa.wa.gov.au/coronavirus>

TAS

https://www.dhhs.tas.gov.au/publichealth/communicable_diseases_prevention_unit/infectious_diseases/coronavirus

Federal Government

https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert?utm_source=health.gov.au&utm_medium=redirect&utm_campaign=digital_transformation&utm_content=health-topics/novel-coronavirus-2019-ncov

World Health

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

Smart Traveller

<https://www.smarttraveller.gov.au/news-and-updates/coronavirus-covid-19>

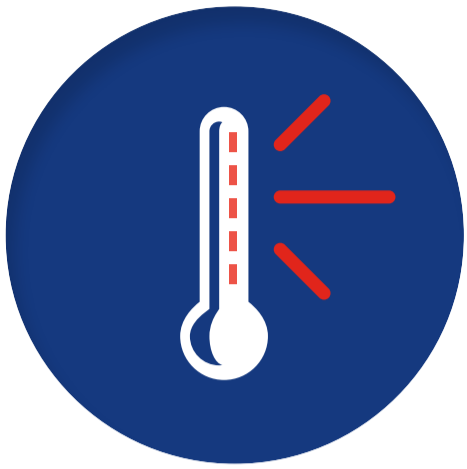
Australian Border Force

<https://www.homeaffairs.gov.au/news-media/current-alerts/novel-coronavirus>

Tell staff immediately if...



you have a
**fever, cough,
sore throat
or shortness
of breath** and
you have been
overseas in the
last 14 days



If you have a **fever, cough, sore throat** or **shortness of breath** and you have been **overseas** in the last 14 days



Please call your doctor or **healthdirect (1800 022 222)**

Practise simple hygiene by washing hands regularly



1 Wet hands



2 Apply soap



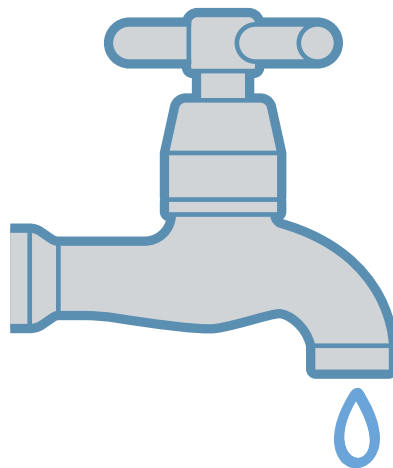
3 Lather & scrub



4 Rinse hands



5 Turn off tap



6 Dry hands



Spend 20 seconds washing your hands.