



Due to the COVID-19 pandemic, how we deliver First Aid has been changed to minimize the risk of infection whilst providing first aid assistance.

Here, we will detail the current advice and how it will be implemented in DCU.

Means of transmission

The greatest element of risk for a First Aid Responder is the transfer of the virus to the mucous membranes by contact of contaminated hands (or gloves) with the eyes, nose or mouth.

The main way to manage this risk is to minimise hand contamination, avoid touching your face and clean your hands frequently.

DCU first aid kits will now include:

- Surgical face masks ([Video – Donning surgical mask](#))
- Cotton face mask
- Hand Sanitizer
- Safety glasses
- Nitrile Gloves ([Video - Guidance on using gloves](#))
- Personal Protective Equipment (PPE) disposal bag

Providing First Aid

The primary means of stopping transmission of the coronavirus is via social distancing. However, in the event that first aid is required in the workplace it may not be possible to maintain a distance of 2m.

If the patient is **conscious and lucid**, the First Aid Responder should do the following:

- Sanitize hands
- Put on gloves, safety glasses and face mask provided in first aid kit
- Give face mask to person requiring first aid.
- Maintain 2m distance and ask the following: Has the patient experienced fever or symptoms of COVID-19 including cough, shortness of breath or sore throat?

If the patient answers **Yes**, establish if they require an ambulance or can they return to their lodgings, self-isolate and call their GP for advice.

If they require an ambulance, isolate the area, call the ambulance advising of a suspected COVID-19 case, stay with the patient (wearing PPE, at least 2m away) and comfort them until the ambulance attends.

If the patient answers **No**, you may provide first aid maintaining social distancing as much as possible and thoroughly washing hands after contact.

If the patient is **not conscious and lucid** call an ambulance. If COVID-19 is suspected, inform the ambulance operator.

If you believe the person may require CPR the following applies:

- Don PPE
- Do not listen or feel for patients breathing by placing your ear or cheek close to patients mouth. Look for absence of breathing and signs of life
- If in doubt, start chest compressions. Do not give rescue breaths
- The cotton face mask can be loosely placed over the patient's mouth and nose during compressions
- Use defibrillator (AED) if required. This significantly increases a person's chance of survival.

After performing CPR, remove PPE, place in bag for disposal and wash hands thoroughly with soap and water ([Video - Correct handwashing technique](#))

Further Information

Report all first aid events [online](#) to DCU Health and Safety.

For further information or assistance, please contact the Health & Safety team at safety@dcu.ie