



TOP COMPLIANCE (Pty) Ltd

Your Business' Safety Is Our Concern

QSE B-BBEE - Level Four

www.topcompliance.co.za

August 2020 NEWSLETTER

Contact details:

Training, Audits and Retail:

Pat: 082 442 8521 (08h00 – 16h30)

p.wessels@topcompliance.co.za

Website: www.topcompliance.co.za

First aid protocols and CPR during COVID-19 pandemic

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.

In the workplace it is important to note that under section 8 of the Occupational Health and Safety Act the employer is responsible to ensure the health and safety of all staff and others. Knowing the COVID-19 is classified as a group 4 hazardous biological agent (HBA): **Group 4 HBA are HBA that causes severe human disease and is a serious hazard to exposed persons and which may present a high risk of spreading to the community, but for which no effective prophylaxis and treatment is available**, it is crucial to implement safety precautions when administering first aid.

Precautions as stipulated in the [Regulation for Hazardous Biological Agents – Annexure C](#)

Precautionary Measures - Standard precautions are used for the protection of all people exposed to HBA.

1.1 Hand Washing

Wash hands after touching blood, body fluid, secretions, excretions and contaminated items, whether or not gloves are worn.

Wash hands (when working with patients):

immediately after gloves are removed.

between patient contact.

where indicated to prevent cross-contamination of different body sites.

Use plain (non-antimicrobial) soap for routine hand washing.

Use an antimicrobial agent or an alcohol hand disinfectant for specific circumstances (e.g. control of outbreaks or hyperendemic infections) as defined by the infection control program.

1.2 Gloves

Wear gloves (clean, intact non-sterile gloves are adequate) when touching blood, body fluid, secretions, excretions and contaminated items.

Put on clean intact gloves just before touching mucous membranes and non-intact skin.

***Change and dispose of gloves between tasks and procedures -
on the same person.***

after contact with material that may contain high concentration of micro-organisms.

Remove gloves promptly after use –

before touching non-contaminated items and environmental surfaces.

before attending to another person.

Wash hands immediately to avoid transfer of micro-organisms to other persons and environments.

1.3 Mask, eye protection, face shield

Wear a mask and eye protection / face shield -

to protect mucous membranes of the eyes, nose and mouth.

during procedures and activities that are likely to generate splashes or sprays of blood or body fluid, secretions and excretions.

1.4 Protective Clothing

Wear appropriate protective clothing to protect skin and to prevent soiling of clothing during procedures and activities that are likely to generate splashes or sprays of blood, body fluid, secretions and excretions. Select protective clothing that is appropriate for the activity and amount of fluid likely to be encountered. Remove soiled protective clothing as promptly as possible and consider it contaminated. Wash hands immediately after removal of protective clothing to avoid transfer of micro-organisms to other people or environments.

The COVID-19 situation is continuously evolving and a First Aiders health may be compromised in the event of needing to administer basic first aid treatment. If someone's heart stops, and the First Aider is concerned they may have had respiratory symptoms, it is at the First Aider's discretion to perform or not perform mouth-to-mouth breathing based on personal preference. It is crucial to call emergency medical services and get an AED if available. If the individual chooses to perform breaths, they can also use a barrier device, such as a pocket mask. However, the protection this will have on the rescuer against COVID-19 is very doubtful.

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 the emergency services – 084-124 or 082-911 or 112. Fold a cloth or tea towel in half and in half again so as to have four layers and place 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. If the First Aider believes the person may have COVID-19, they should state their concerns to the emergency response team so everyone who responds can be aware of the potential for COVID-19 transmission.

Please download and print the updated protocol and post it near your first aid kit.

[CPR for everyone in the COVID-19 setting](#)

[Accidental poisoning or ingestion of hand sanitizer – general first aid](#)

Advice for first aiders

As a first aider, in addition to high quality clinical skills, to be effective you need to:

1. Be aware of the risks to yourself and others
2. Keep yourself safe

3. Keep yourself informed and updated
4. Remember your own needs

In the current climate with the prevalence of the COVID-19 pandemic, these skills become even more important and here is how you can apply these skills when managing a first aid incident.

1. Be aware of the risks to yourself and others
 - When approaching a casualty there is always a risk of cross contamination, especially when you may have to get close to assess their breathing.
 - Wear the required Personal Protective Equipment – Gloves, face mask, shield and plastic apron or smock.
2. Keep yourself safe
 - In line with government advice, make sure you wash your hands or use an alcohol-based hand sanitiser with $\geq 70\%$ Alcohol base, before and after treating a casualty.
 - Ensure that you do not cough or sneeze over a casualty when you are treating them.
 - Wear gloves or cover hands when dealing with any person.
 - Cover cuts and grazes on your hands with waterproof dressing.
 - Dispose of all waste safely.
3. Keep yourself informed and updated
 - As this is a new disease, the information is continuously changing as the world's scientists are learning more about it. It is therefore critical to keep up to date with all the latest information available.
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance-publications>
 - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - <https://www.nicd.ac.za/diseases-a-z-index/covid-19/covid-19-guidelines/>
4. Remember your own needs
 - These are challenging and uncertain times for all. The COVID-19 outbreak has meant a lot of upheaval and worry for people.
 - To help others, you will also need to look after your own needs.
 - Make sure you take time to talk about your fears and concerns with someone you trust and to take out time to look after yourself.

Sources:

<https://www.sja.org.uk/get-advice/first-aid-advice/covid-19-advice-for-first-aiders/>

<https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

Our Services:

Online virtual classroom training: <https://www.topcompliance.co.za/index.php/skills-development-head/virtual-online-classroom-courses>

- Safety Representatives role in the workplace and the understanding of Regulations for Hazardous Biological Agents in the time of COVID-19
- Safety representative training (OHS Act and SHERQ rep) Including COVID-19
- The Occupational Health and Safety Act & responsibilities of management
- Updated FIRST AID protocols for COVID-19 - **NEW**
- Food facility health & safety course
- Basic firefighting
- Basic firefighting with emergency action planning

COVID-19 specific

- COVID-19 Hazard Identification and Risk Assessment – Site specific
- COVID-19 Safe working procedures – Site specific
- COVID-19 Site specific screening registers
- COVID-19 PPE policies and procedures – Site specific
- COVID-19 Policies and procedures for contractors and clients
- COVID-19 Policies and procedures for management of ill staff of client
- COVID-19 Policies and procedures for submitting COVID-19 illness to Workman's Compensation.
- COVID-19 Induction training
- COVID-19 Awareness training

Personal Protective Equipment: <https://www.topcompliance.co.za/index.php/safety-shop>

- Gloves
- Hand Sanitizers
- Masks
- Face shields
- All first aid equipment

Some of our training courses can be done through our virtual classroom.

Certain types of Risk Assessments and audits will be done by means of virtual site visits using various means of technology to virtually visit the site.

For more information please contact – info@topcompliance.co.za

<https://www.topcompliance.co.za/index.php/products>



[Medical equipment](#)



[SANS Signage](#)



[Legal posters](#)



[Personal Protective Equipment](#)

Courses offered by Top Compliance (Pty) Ltd

<https://www.topcompliance.co.za/index.php/skills-development-head/training-calendar>

VIRTUAL CLASSROOM	
Occupational Health and Safety Courses	
FREE overview of COVID-19	07h45 – 09h00
Safety representative course specific for COVID-19 in terms of the OHS Act and Regulation for Hazardous Biological Agents	07h45 – 11h00
Safety Representatives role in the workplace and the understanding of Regulations for Hazardous Biological Agents in the time of COVID-19	07h45 – 16h00
OHS Act & SHERQ representative	07h45 – 16h00
The Occupational Health and Safety Act & responsibilities of management	07h45 – 16h00
Food facility health & safety course	07h45 – 14h00
Fire Fighting and Prevention Courses	
Basic firefighting	07h45 – 13h00
Basic firefighting with emergency action planning	07h45 – 15h00
First aid	
First aiders updated protocols for COVID-19 in terms of the OHS Act and Regulation for Hazardous Biological Agents	07h45 – 10h00

First Aid Courses:		SACE CPTD points
First aid: Level 1	2 days	15
First aid: Level 2	3 days	15
First aid: Level 3	3 days	15
First aid: Level 1 & 2	3 days	30
First aid: Level 2 & 3	3 days	30
First aid: Level 1, 2 & 3	5 days	45
Child and infant CPR & choking	6 hours	0
Adult CPR & choking	6 hours	0
Adult CPR & choking and AED	1 day	0
Basic first aid equestrian grooms	1 day	0
Basic first aid domestic workers	1 day	0
Perform basic life support and first aid procedures	2 days	15
Provide risk-based primary emergency care/first aid in the workplace	2 days	15
Occupational Health and Safety Courses		
OHS Act & SHERQ representative	1 day	10
The Occupational Health and Safety Act & responsibilities of management	1 day	10
Apply health and safety at work area	1 days	10
Conduct workplace Occupational Health and Safety (OHS) inspections	1 day	10
Explain basic health and safety principles in and around the workplace	1 day	10
Food facility health & safety course	6 hours	0
Basic ladder safety	6 hours	0
Fire Fighting and Prevention Courses		
Basic firefighting	6 hours	10
Basic firefighting with emergency action planning	1 day	10
Basic firefighting with fire extinguisher practical	1 day	10
Basic firefighting and prevention in the equine industry	1 day	0

Demonstrate knowledge and use of hand operated firefighting equipment	1 day	10
Apply firefighting techniques	1 day	10

SKILLS PROGRAMS		SACE CPTD	Class days
First Aid Level 1,2 & 3 - HW/SP/1601190			
US 119567	Perform basic life support and first aid procedures	15	5 days
US 120496	Provide risk-based primary emergency care/first aid in the workplace		
US 376480	Provide first aid as an advanced first responder	-	
First Aider - HW/SP/1202005			
US 119567	Perform basic life support and first aid procedures	15	5 days
US 120496	Provide risk-based primary emergency care/first aid in the workplace		
US 13915	Demonstrate knowledge and understanding of HIV/AIDS in a workplace, and its effects on a business sub-sector, own organisation and a specific workplace.	-	
First Aid (Basic) - HW/SP/150795			
US 119567	Perform basic life support and first aid procedures	15	4 days
US 9964	Apply health and safety to a work area		
Health, Safety and Fire Combination - HW/SP/1510179			
US 9964	Apply health and safety to a work area	10	5 days
US 119567	Perform basic life support and first aid procedures	15	
US 120331	Demonstrate knowledge pertaining to fires in working places	-	
Workplace SHE Rep - HW/SP/1510182			
US 9964	Apply health and safety to a work area	15	3 days
US 259639	Explain basic health and safety principles in and around the workplace		
First Aid and Safety Representative - HW/SP/1510183			
US 9964	Apply health and safety to a work area	15	4 days
US 119567	Perform basic life support and first aid procedures		
Safety Incident Investigation and inspections - HW/SP/1511233			
US 259617	Conduct an investigation into workplace safety, health and environmental incidents	10	2 days
US 259619	Conduct workplace Occupational Health and Safety (OHS) inspections		
First Aid and Firefighting - HW/SP/1511239			
US 120496	Provide risk-based primary emergency care/first aid in the workplace	15	4 days
US 13961	Demonstrate knowledge and use of hand operated firefighting equipment		
Fire and Rescue Skills Programme - HW/SP/1604338			
US 252250	Apply firefighting techniques	15	4 days
US 119567	Perform basic life support and first aid procedures	15	
Emergency First Aider - HW/SP/1605377			
US 119567	Perform basic life support and first aid procedures	15	5 days
US 120496	Provide risk-based primary emergency care/first aid in the workplace		
Safety Management - HW/SP/1601159			
US 9964	Apply health and safety to a work area	15	3 days
US 259639	Explain basic health and safety principles in and around the workplace		