

COVID-19 Health and Safety Guidelines and Information

Assess the risk at the training centre

The virus that causes COVID-19 spreads in several ways. It can spread in droplets when a person coughs or sneezes. It can also be spread if you touch a contaminated surface and then touch your face.

The risk of person-to-person transmission increases the closer you come to other people, the more time you spend near them, and the more people you come near.

Primary methods to keeping safe while training with Life Essentials First Aid

- Pre-registration required direct with owner
- I will not be admitting symptomatic candidates – if an assessment indicates a sickness, then candidate will be sent home
- The number of candidates has been capped to allow for small class sizes
- Limited access to the venue location. Occupancy in the classroom available only to class candidates (or their immediate family circle if needed)
- More square footage per participant
- Adequate handwashing stations at the training venue.
- All training equipment is sanitized in bleach as per usual protocols
- Personal protective equipment (PPE) is provided such as gloves, face masks, pocket masks and alcohol wipes. PPE is mandatory to use in the course and correct instruction is provided on best PPE practices.
- Candidate distancing of 2m when possible
- Face masks provided for when unable to distance between candidates
- Candidates will not be sharing equipment. Each candidate will have their own designated workstation and equipment
- Signage provided to guide through appropriate hygiene practices
- Continued monitoring and direction from local and provincial health authorities
- Guidelines and Safety plan will be posted for reference
- I will make changes to policies and procedures as necessary
- Chemicals used: bleach, alcohol 99%, hand sanitizer, soap & water, Lysol wipes and alcohol wipes

Steps you need to take:

- Reduce the risk of transmission with effective personal hygiene practices
- If you have had symptoms of COVID-19 in the last 10 days. Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat and new muscle aches or headache. If you feel sick, stay home and notify me ASAP
- If you have been in contact with someone with symptoms or a confirmed COVID-19 person you must not attend and self-quarantine for 2 weeks
- If you have been travelling or attending crowded venues or have been out of the country you are to be in self isolation for 2 weeks
- Upon entrance to the building, all candidates must wash their hands and temperatures may be taken
- Frequent handwashing is required throughout the day and between tasks.
- Wear your personal protective equipment during the course
- Follow sneezing and coughing etiquette – away from those in general area and into a disposable Kleenex or your sleeve (elbow/arm)
- Actively monitor for symptoms
- Physical distance of 2m implemented to keep everyone apart whenever possible
- Follow disinfection instructions – taking care of equipment and wiping down common use surfaces
- If you are wishing to cancel or postpone training please contact me ASAP as I need to ensure I have a minimum number of candidates to run the course.

Candidate Expectation Checklist

- Showered with comfortable CLEAN clothing
- Appropriate footwear
- A bag containing snacks, hardy lunch and 1-2 full water bottles to last the day
- Encouraged to have lunch at workstation and hands washed before and after
- One person in the washroom at a time depending on venue
- Learning materials you may want to bring – paper, pen, highlighter
- BRING any previous certification cards needed as a pre-requisite (Standard first aid Recert, CPR-C recert and HCP recert)
- BRING one piece of government issued ID for WorksafeBC course registration

Health Items

- Take temperature and ensure it is under 38 degrees C
- Completed self-assessment tool
- Wash hands upon arrival with soap and water

End of the day

- Wash hands when you arrive home
- Clean and wash items used while training