

FIRST AID TECHNICAL BULLETIN 2020-06

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TO: All NSC First Aid Instructors

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RE: 2nd UPDATE – GUIDANCE ON FIRST AID AND CPR TRAINING

The information in this technical bulletin replaces the guidance on first aid and CPR training issued in TB 2020-05 on May 4, 2020.

NSC is aware that the loosening of social distancing restrictions in certain areas of the country may make it possible to conduct first aid and CPR training. All instructors are to observe the following until further notice:

1. Teaching First Aid and CPR in a Classroom Environment:

- **Classroom-based First Aid and CPR courses may only be conducted where permitted by local government/public health officials. Prior to scheduling or conducting any class, instructors must ensure current state and local public health policies permit gatherings such as a classroom-based first aid and CPR class. NSC instructors may not conduct classroom-based classes in areas where prohibited by social distancing orders.**
- If classroom-based courses are permitted, instructors must first consider the appropriateness and urgency of conducting classroom-based training, and should consider if other options, such as NSC First Aid, CPR and AED Online course, might be more appropriate.

By using the online course option, customers can complete the First Aid, CPR, & AED Online course, and then must complete skills testing within 90 days with an NSC instructor who is also authorized as a skills tester. For additional information on becoming authorized as a skills tester, go to <https://safety.nsc.org/skill-tester-registration-form>.

- Instructors must follow any additional directives from local government or health officials that are relevant to classroom-based training.
- Prior to the class, and immediately before beginning class, instructors should communicate with course participants and encourage them not to attend training if

- they have any known medical condition or illness, or signs or symptoms consistent with an illness. Instructors should offer students the opportunity to speak discreetly prior to the start of class, should they have any questions or concerns about their health status as it relates to class participation.
- Instructors and course participants may not participate in classroom-based training if they are sick or have a fever.
- Individuals who are immunocompromised should not attend first aid or CPR classes at this time.
- Face coverings (which cover the mouth and nose) must be worn by instructors and course participants at all times during the course.
- Instructors must ensure adequate training space to accommodate the following:
 - Students must be seated at least 6 feet apart during the class.
 - CPR manikins must be spaced at least 6 feet apart for skills practice.
 - In smaller training facilities, instructors should limit class sizes to ensure these distancing requirements are followed.
- Instructors should ensure that there are proper hand-washing facilities available during class. At a minimum, hand sanitizer must be available to students during class.
- Proper hand-washing must occur before and after breaks, and after glove removal.
- Lined trash receptacles should be available for glove disposal. Trash receptacles should either be lid-less, or have a hands-free means of opening the lid (such as a foot pedal).
- All training equipment, including CPR manikins, AED training units, and other first aid and resuscitation devices, should be thoroughly cleaned and decontaminated after each use in accordance with manufacturer's recommendations. All classroom surfaces must be decontaminated /disinfected immediately after training.

2. Modifications to Skills Practice and Testing

In an effort to facilitate skills practice and testing, we are allowing modifications to skills practice and testing. Please refer to the attached chart regarding which skills are required, which are optional, and the method in which skills practice and testing can be modified.

3. NSC First Aid, CPR & AED Online Course Skills Testing

At the beginning of the COVID crisis, we temporarily changed the policy regarding skills testing following the completion of NSC's First Aid, CPR & AED Online course. The deadline for completing skills testing for individuals who have completed the First Aid, CPR & AED Online course has been temporarily extended from 45 days to 90 days. This change remains in effect until further notice

4. Temporary Extension of Expiration Dates for First Aid and CPR Completion Cards

In light of the continuing health crisis and the difficulty in providing training to individuals with current first aid and CPR cards, the NSC is extending the expiration dates of all first aid and CPR completion cards by 120 days. Ultimately, the acceptance of this extension is at the discretion of the individual employer or regulatory agency. There will be no further extensions to expiration date beyond 120 days at this time.

In light of the current situation and its impact on the availability of training courses, NSC is recommending that regulatory agencies and employers consider the need to accept NSC first aid and CPR cards beyond their expiration date. Ultimately, this decision is at the discretion of the individual employer or regulatory agency.

Chapters, training centers and instructors who have additional questions or concerns about teaching first aid courses with regard to COVID-19 are encouraged to contact the NSC First Aid Department at FirstAidTech@nsc.org.

ACCEPTABLE MODIFICATIONS TO FIRST AID AND CPR SKILLS PRACTICE AND TESTING

Skill	Required/ Optional	Modifications
Glove removal	Required	A lined trash can should be available for disposal of gloves.
Recovery Position	Required	Students should demonstrate recovery position by placing themselves in the recovery position. Instructor should provide verbal feedback for correction.
Pressure Bandage	Required	If student is unable or unwilling, or if local guidelines or institutional policies prohibit skills practice on another person, student can demonstrate how to apply a pressure bandage on their own leg.
Applying an Elastic Bandage	Optional	If student is unable or unwilling, or if local guidelines or institutional policies prohibit skills practice on another person, student can demonstrate how to apply an elastic bandage on their own leg.
Creating an Arm Sling and Binder	Optional	N/A
Spinal Motion Restriction	Optional	N/A
Using an Auto-Injector	Required	Student should demonstrate use of an auto-injector on their own thigh.
CPR (Lay Rescuer, including Adult, Child and Infant)	Required	Students should have their own manikin (1:1 student to manikin ratio). Students will not administer breaths to the manikin. Instead, students should be instructed to simulate breaths by performing a head-tilt/chin-lift and verbally saying “breath – breath” when breaths would normally be performed. At no time should students place their mouth on the manikin.
Professional Rescuer (2-rescuer)	Required	Students will follow the same guidance as lay rescuers (above). A bag mask must be used to ventilate the manikin for skills practice involving rescue breathing and two-rescuer CPR. Students should have their own manikin (1:1 student to manikin ratio), except when performing 2-rescuer CPR/AED. Students must wear medical exam gloves during 2-rescuer practice, as well as bag-mask practice. Students should have their own bag mask (1:1 student to bag mask ratio) whenever possible. If this is not possible, bag-masks must be wiped down in between use.
AED	Required	Students should have their own AED training units whenever possible. Maximum student to AED trainer ratio is 2:1. Units should be wiped down in between use.
Choking Adult and Child	Required	Students can demonstrate hand placement on themselves, a choking manikin, or on an adult CPR manikin.
Choking Infant	Required	No modifications