NEW ZEALAND
Resuscitation Council
WHAKAHAUORA AOTEAROA

Hygiene Guidance

Resuscitation and First Aid training involves physical and social interaction. Maintaining strict hygiene practices ensures the safety of both learners and instructors.

Any workplace-based training must comply with the health and safety requirements of the workplace. Where infection control restrictions are in place, such as requirements for physical distancing, training providers may need to consider class size. This may require small classes and workshops of 10 people or less.

Minimum Hygiene Requirements for Resuscitation and First Aid Training

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The majority of resuscitation training manikins have features that help prevent the spread of infection (including respiratory infections). Manufacturers should provide cleaning instructions specific to their manikins and these should be adhered to.

Remember:
To protect yourself
• Frequently wash your hands or use a sanitiser gel. Do not touch your mouth, nose or eyes unless you have just washed your hands.
To protect others
• Cover your mouth when you cough or sneeze with either a tissue or a bent elbow – but never with a bare hand! If you use a tissue or a bare hand, IMMEDIATELY wash your hands or use an alcohol hand sanitiser. Dispose of the tissue straight away.

Instructors and Learners

- The main infection risk in a classroom full of learners is contact with other people and/or surfaces, rather than the manikin itself. Learners always need to observe a high standard of handwashing, with alcohol gel (or wipes if gel is unavailable) provided in addition to handwashing facilities.
- Learners should be reminded to cough/sneeze into a tissue and dispose of this into a bin immediately, washing hands afterwards. Alternatively, coughing/sneezing into the bent elbow if no tissue available.
- Vulnerable people or those caring for or living with vulnerable people should not participate in a course.
- Pre-course information should include advice that individuals exhibiting symptoms typical of flu, a cold or have been in close contact with someone who has an infection, must exclude themselves from the course. This process may also include the use of pre-course screening questionnaires.
- Should an instructor or learner become unwell during a course, they should exclude themselves and notification should occur in accordance with organisational health and safety processes.

Manikins

- Ideally learners should have an individual manikin to use on a course. Where this is not possible during a training session, the face, forehead and chest of the manikin must be wiped with 70% alcohol wipes after each learner uses it and the surface allowed to dry naturally before the next learner takes their turn.
- Learners should use individual face shields and they should be disposed of safely after use. The manikin face, forehead and chest should still be wiped to reduce the likelihood of hand to hand contamination.
- Where appropriate, learners can use a pocket mask for ventilation practice which must be fully cleaned or discarded after the session (one - way valves may be removed. If kept in place, it must be discarded at the end of the session). If using pocket masks, these must be for individual use only.
- At the completion of every training session manikin lungs and airways must be replaced and disposed of. All manikin surfaces must be cleaned by scrubbing with a nylon brush and using an appropriate surfactant/disinfectant solution.