



First Aid Policy

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Responsible Faculty	Membership Faculty
Responsible Lead	Health and Safety Officer/ Infection Control Lead
Document summary	Outlines approach to first aid

DOCUMENT HISTORY		
Version Number	Comments	Approved By
1	New	-
2	Policy updated to include Covid-19 Sep 2020	-
3	Policy reviewed and updated May 2023	LWC Committee 15.5.23

LWC First Aid Policy

Purpose

During choir rehearsals or concert performances, we never know when someone will need first aid. We need to plan for it happening and we need to include infection control measures as part of these plans.

LWC First Aid Planning

The LWC first aid team have received up to date certified First Aid Training and attended a certified Automated External Defibrillation Course. (AED)

A fully equipped first aid kit including the additional recommended Covid-19 preventative equipment and AED Defibrillator is maintained by the LWC first aid team, and is brought to all rehearsals and choir concert performances.

To be an effective first aider, you need to:

- Be aware of the risks to yourself and others.
- Keep yourself safe.
- Give early treatment.
- Keep yourself informed and updated.
- Remember your own needs.

Providing First Aid – Note to First Aiders

- Please wear a mask, wash your hands and wear disposable gloves prior to treating the casualty.
- Where possible, try to get the casualty to administer self –aid with your support.
- It is important for first aiders to remain aware of the risks to themselves and others.
- Dispose of all waste safely.

What To Do If You Are Required to Provide CPR

- Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing.
- Listen or feel for breathing by placing your ear and cheek close to the person's mouth (unless you suspect Covid-19), if you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.

- Put hands together in the middle of their chest and push hard and fast, 1/3 of their chest size and at a rate of 100 – 120 per minute (according to NHS current guidelines, rescue breaths are not necessary).
- Make sure an ambulance is on its way.
- If there is a perceived risk of infection, first aiders should place a tissue/hankerchief over the victim's mouth and nose and attempt compression (no rescue breaths).
- Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection and this is kept in the LWC cupboard at the University of Liverpool and is also transported to concert venues.
- If the first aider has access to personal protective equipment then these should be worn. The LWC First Aid kit contains a selection of masks, disposable gloves, cleaning agents and appropriate waste disposal bags.
- After performing compression-only CPR, all first aiders should wash their hands thoroughly with soap and water; alcohol-based hand sanitizer is a convenient alternative.

Further advice can be gained by calling NHS 111

Responsibility

The overall responsibility and implementation of this policy lies with the executive committee of the Liverpool Welsh Choral.

Margaret Heap
Infection Control Lead

Reviewed May 2023