



## PRACTICAL TRAINING HYGIENE PROTOCOLS

(Version: June 2021)

These protocols are written in checklist format and incorporate guidelines from the following sources:

1. South African regulatory COVID-19 health and safety requirements.
2. Resuscitation Council of Southern Africa Teaching Recommendations.
3. AED-Little-Anne-DFU-311 Cleaning Instructions for CPR Manikins.

**Venue Preparation** (The host venue's Course Coordinator is required to sign-off this list)

Activity	Initial
1. Disinfect the floors, surfaces and toilets of the training venue.	
2. Place paper towel and self-dispensing soap in the bathroom.	
3. Ensure training venue is sufficiently ventilated.	
4. Clear away all extra furniture that is not required for training purposes.	
5. Space chairs 1.5m apart.	
6. The host and instructor are required to limit the number of students in accordance with the social distancing regulations (i.e. 1.5m).	
7. Tea and coffee to be available in individual sachets. Drinking water may be made available only in sealed bottles.	
8. Disposable cups and cutlery to be used for refreshments.	

## Requirements During Practical Classroom Activities

Activity	Initial
1. Students are required to complete a COVID19 honesty screening questionnaire when arriving for the course, using their own black pen.	
2. Students are required to bring their own facemasks and wear these throughout the training session.	
3. Students are required to bring their individual disinfectant hand sanitizer.	
4. Students are required to sanitize their hands on arrival <b>and</b> after each activity.	
5. Social hygiene protocols should be observed when sneezing and coughing (use of the elbow is required).	
6. Students are required to disinfect CPR manikin face between use.	
7. Students are required to wear gloves during CPR practice.	
8. A student may apply 'hands-only' CPR if reluctant to apply rescue breaths during CPR skills practice.	



9. Each student will be issued a CPR pocket mask to practice CPR rescue breaths.	
10. Discard disposable gloves in a hands-free bin.	
11. Turtle Life Support will issue a printed Portfolio of Evidence. These will be completed during the practical skills workshop. Each student will be issued with gloves so that they do not come into direct contact with the paper.	

**Cleaning of equipment after the course performed by Turtle Life Support Instructors**

Activity	Initial
1. CPR manikins are cleaned as per Policy-31-RCSA-Manikin-Decontamination. (Available on request)	
2. CPR Masks are cleaned and disinfected according to the Laerdal Medical care guide. (Available on request)	
3. If the course has been facilitated in Turtle Life Support's training studio, the instructor will disinfect the floors, surfaces and toilet.	
4. Dispose of all waste and equipment (e.g. gloves and bandages) hygienically.	

Undertaking:

I, \_\_\_\_\_ (course host/instructor name), confirm the procedures listed above have been carried out.

\_\_\_\_\_  
Signature

Date: \_\_\_\_\_ Course venue: \_\_\_\_\_