



## PRACTICAL TRAINING HYGIENE PROTOCOLS

(Version: Jan 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 check off this list)

Activity	Check
1. Disinfect the floors, surfaces and toilet of the training area.	
2. Place paper towel and self-dispensing soap in the bathroom.	
3. Ensure classroom/teaching facility is sufficiently ventilated.	
4. Clear away all extra furniture that is not required for training purposes.	
5. Space chairs 2m apart.	
6. The host venue is required to limit the number of students in accordance with the social distancing regulations.	
7. Tea and coffee to be in individual sachets. Water may be made available only in sealed bottles.	
8. Disposable cups and cutlery to be used for refreshments.	
9. Turtle Life Support's instructors' responsibility: No clothes on CPR manikins and cover manikins in a clear plastic bag.	
Note: Considering the area of Turtle Life Support's training studio a maximum of four students can be accommodated in order to observe social distancing regulations.	

### Requirements during practical classroom activities

Activity	Check
1. Students are required to bring their own facemasks and wear these throughout the training session.	
2. Students are required to sanitize their hands on arrival and after each activity.	
3. Students are required to complete a COVID19 honesty screening questionnaire using their own pen.	
4. Social distancing protocols should be observed for sneezing and coughing (use of the elbow is required) and the avoidance of touching or handshaking.	
5. Students are required to bring their own individual disinfectant spray-bottle.	
6. Students are required to re-clean plastic covering on their CPR manikin.	
7. Students are required to disinfect manikin face after use.	
8. Students are required to dry the manikin face with gauze provided.	



9. Students are required to wear gloves during CPR practice.	
10. 'Hands-only" CPR is optional: no rescue breaths during CPR practice.	
11. Each student will be issued a CPR pocket mask to practice CPR rescue breaths.	
12. Students are required to clean their CPR pocket mask before and after use with disinfectant spray provided.	
13. Students are required to demonstrate use of epi-pen and bandaging on a manikin.	
14. Turtle Life Support will provide each student their own CPR manikin to practice (i) chest compressions, (ii) rescue breathing and (iii) use of the AED.	
15. All disposable equipment must be placed in a hands-free bin.	
16. 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 don't come into direct contact with the paper.	

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

Activity	Check
1. CPR manikins are cleaned as per Policy-31-RCSA-Manikin-Decontamination. (Available on request)	
2. If the course has been facilitated in Turtle Life Support's training studio, the instructor will disinfect the floors, surfaces and toilet.	
3. Dispose of all waste and equipment (e.g. gloves and bandages) using a double-bagged system.	

**Instructor's Undertaking:**

I, Sr Fiona Mey, confirm the procedures listed above have been carried out.

\_\_\_\_\_  
Sr Fiona Mey

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

