

First Aid Policy

Introduction

Eastbourne College will undertake to safeguard the welfare of pupils at all times and to comply with legislation to provide First Aid for pupils, staff, parents and visitors. This policy takes into account 'Guidance on First Aid for Schools' published by DfE and Health and Safety (First Aid) regulations 1981. It is applicable to all pupils in the school.

The College First Aid policy is reviewed by the Health and Safety Officer (Facilities Bursar) in consultation with the Senior Sister. It is kept in the Health and Safety Manual and Staff Handbook and is available online for parents.

1. Definition and Objectives

HSE provides the following definition of an accident:

"An undesired circumstance(s) which gives rise to ill health, injury, damage, production losses or increased liabilities."

First Aid is the immediate and temporary care given until the services of a medical practitioner can be obtained. The object of First Aid is to give help at once to pupils, staff or visitors, who are injured or suddenly taken ill before expert help from a doctor or nurse is available, or the ambulance arrives. The principal aims of First Aid are to preserve life, prevent any injury from becoming worse and to promote recovery.

2. Arrangements for First Aid

The College First Aid Room is located in the Medical Centre, led by the Senior Sister, who is also the College First Aid Officer, and a team of registered nurses. The College uses the College Road Lighthouse Medical Practice (see Contact Details). During term time, there is a qualified nurse on duty in the Medical Centre during the working day to administer first aid, deal with any accidents or emergencies or to help if a pupil or member of staff is taken ill. In the event of an accident, the Medical Centre Staff should be informed immediately on 01323-452345. (Internal extension: 2345).

The majority of teaching staff are qualified as Emergency First Aid at Work (3 years). A number of support staff hold the Emergency First Aid qualification and members of staff involved in CCF and DoE activities hold an Outdoor Wilderness First Aid Certificate. There is always a qualified First Aider available when pupils are on site. Certain activities such as sports matches and cadet force activities only take place with first aid cover in place. Provision is also sufficient and planned to cater for evening and weekend events such as concerts, plays and parents' receptions.

The College has a number of protocols for the treatment and care of pupils suffering from particular medical conditions such as: asthma, diabetes, epilepsy, and anaphylaxis. A list of those who suffer such a particular risk is circulated by the Medical Centre to houses and is available on the school portal. It is the responsibility of staff taking teams and groups away from school to be

aware of pupils who may be at risk. If there are any queries regarding these pupils the staff should seek advice from the medical centre and refer to the at risk list.

The College implements and makes available to staff care plans for students with medical conditions who are away from campus on trips and at sports fixtures as necessary.

Staff have a duty of care to pupils and the school has a duty of care to its employees. Teachers' conditions of employment do not include giving first aid, although any member of staff may volunteer to undertake these tasks. That said, in accordance with DfE guidance, teachers and other staff in charge of pupils are expected to use their best endeavours at all times, particularly in emergencies, to secure the welfare of the pupils at the school in the same way that parents might be expected to act towards their children. In general, the consequences of taking no action are likely to be more serious than those trying to assist in an emergency.

3. Contact Details

Medical Centre	Internal Extension: 2345 Direct Dial: 01323 452345
Nurses	Mobile: 07714 458982
Match Day emergency	07714 458980

Surgery

Lighthouse Medical Practice 01323 735044
6 College Road

Mobile phone numbers until	18:00 hrs
Dr Andrew Stewart	07896 415883
Dr Maia Nicholls	07810 660386
Dr Tim Caroe	07818 685474

Emergency Doctor

Seadoc (after 18:30 hrs) 01303 220999

Pharmacy: Grand 728992

4. Location of First Aid Boxes

A full list is attached with the location of First Aid boxes around campus (see appendix 1). Note, school buses and support vehicles have first aid boxes as well.

5. First Aid Box Contents

All boxes are to be furnished with the following items:

1 x first aid guidance card

20 x individually wrapped sterile adhesive dressings

- 2 x sterile eye pads, with attachment
- 4 x triangular bandages
- 6 x safety pins
- 6 x medium sterile unmedicated dressings
- 2 x large sterile unmedicated dressings
- 1 x pair of disposable gloves
- 2 x saline pods
- 1 resuscitation face shield

Please note that First Aid Boxes should contain **only** the above medical items; the regulations prohibit the inclusion of other items.

a. Appointed Custodians to First Aid Boxes

Heads of Department appoint custodians for each First Aid Box; The College First Aid Officer, in conjunction with the College First Aid Trainer will ensure that these people are ideally qualified First Aiders, at least to Emergency level. Custodians are to:

- Replenish the boxes as necessary with stock obtained from the Medical Centre;
- Check the contents at monthly intervals and replace all out of date stock.

b. Annual Checks on First Aid Boxes

Boxes are also to be checked by the College First Aid Officer twice a year. Appropriate records of these checks are to be maintained.

c. Travelling First Aid Kits

Travelling First Aid kits for use at sports fixtures are issued to key Sports staff at the start of the academic year. The Director of Sport retains a list (also held by the Medical Centre) of the members of staff in possession of a travelling kit. Sports First Aid Kits should be checked periodically each term and returned to the Medical Centre at the end of Summer Term. As the staffing structure changes for each sport, kits are reallocated to staff on a termly basis.

Expeditions and schools trips kits are available in the Medical Centre. Teachers responsible for these activities are to collect a kit from the Medical Centre and return it after use. Members of staff must refer to the College's Educational Trips and Visits Policy when planning a trip. Guidance on treating injuries is detailed in the St John's Ambulance leaflet stored in each box.

6. Management of Emergency Situations

A significant proportion of the staff are trained to at least Emergency First Aid standard across the College. The key starting points for a primary survey and treatment can be summarised by the acronym **Danger Response Airway Breathing Circulation**. Secondary surveys and treatment follow.

Eg. <https://www.sja.org.uk/sja/first-aid-advice/what-to-do-as-a-first-aider/the-primary-survey.aspx>

Please see Annex 1 for flow chart.

7. Calling an Ambulance

If someone at the College has an accident, staff are trained to summon medical help immediately. All staff are issued with an Emergency Procedures card. This states specifically that if an injury is serious or a person is unconscious then 999 should be dialled straight away. Then the Medical Centre can be contacted.

8. Defibrillator

Eastbourne College has two defibrillators on campus. One is located in the Medical Centre and the other is stored in the entrance of the College Theatre ('Big School'). The Medical Centre staff and the College First Aid Trainer (Lifeguard) are defibrillator trained and receive annual update training.

Defibrillator training will be included in all staff first aid training and refresher courses. Instructions for use are kept with the machine and should allow for anyone to use the equipment in the event of an emergency.

9. First Aid Administered

Details of any First Aid administered are to be reported by the Medical Centre staff and notified to the College Health & Safety Officer via submission of an Accident Report Room if necessary. The Health and Safety Officer will determine whether an accident warrants further investigation. The College has an Accident Investigation Policy.

9. Oxygen

In emergency care, oxygen is an essential aid in the treatment of patients in life threatening situations. Oxygen is a life-saving and life sustaining gas. Oxygen provides a critical addition to safe and improved medical care.

Aims:

- a. To ensure that casualties receive oxygen safely in school.
- b. To ensure fire and explosion risks are adequately controlled when oxygen is in use.

Roles and Responsibilities:

- Only members of staff who are willing to administer oxygen should do so.
- Members of staff must be trained and be competent in administering oxygen.
- Members of staff must understand the procedures for storing oxygen as detailed by the suppliers (BOC).
- Members of staff should know where oxygen is stored and that safety signage is prominently displayed.

- All relevant agencies are aware that the school has oxygen on site, eg Fire Service.
- The School's insurers should be notified that oxygen is stored on site.
- The School's Fire Risk Assessment is reviewed to take into account the presence and use of oxygen on the school site.
- Risk control measures are taken in the vicinity of the oxygen cylinder at all times.

Storage of Oxygen:

- Keep away from extremes of temperatures and out of direct sunlight.
- Do not store close to windows and radiators.
- Store in a well ventilated area.
- Keep away from naked flames.
- Ensure no smoking in the vicinity of the oxygen cylinder.
- Signage must be visible.

Transport:

- Oxygen is a very combustible material. As such, it is important that it's cylinders are transported safely and correctly. Refer to suppliers instruction with regards to transportation.
- Risk assessments, including manual handling, should be undertaken when transporting oxygen cylinders.

10. ENTONOX

Entonox is a ready to use medical gas mixture consisting of 50% nitrous oxide and 50% oxygen. It is a safe and effective analgesic for all situations where rapid onset and offset is sought. It provides pain relief and conscious sedation for a variety of short term procedures.

Aims:

To ensure that following assessment, Entonox is given appropriately and safely to patients with acute pain in school.

Assess individual patient for the ability to use Entonox. The patient should be able to:

- Understand simple instructions
- Hold the demand valve and inhale the gas through the mask or mouthpiece whilst breathing normally.

Roles and Responsibilities:

(As per oxygen therapy)

Storage of Entonox:

(As per oxygen therapy)

Administration:

To administer the Entonox

- Explain the procedure to the patient. Try to reassure them and explain they should breathe normally
- Offer the demand valve to the patient
- Hold mouthpiece between teeth and breathe through mouth only

Monitoring:

Once administration has started:

- The patient should continue to use the Entonox as required throughout the procedure.
- If the patient hyperventilates they should be encouraged to exhale slowly.
- Observe for side effects

Documentation

- Documentation details of Entonox administration should be recorded, including how effective it was and any side effects experienced.

11. Sports Injuries and Transportation

In the event of a sports injury, the game should be stopped. The pupil must not be left without adult supervision. Contact should be made either with the Medical Centre (45-2345) and / or the Ambulance Service (999).

Eastbourne College utilises the services of a specialist paramedic service provider (Sports Science) at Saturday Rugby matches. The Deputy Head (Co-Curricular) is responsible for arranging cover. Up to two ambulances / emergency vehicles are provided, depending on the number of matches taking place. Sports science liaise closely with the College Medical Centre before if necessary and after matches finish.

The injured student should be attended to by a first aid trained member of staff. A student should not be moved from the pitch if s / he is suffering from an injury that renders them immobile. Ensure the child is comfortable and warm and call 999 for emergency assistance.

All sports injuries should be reported to the Medical Centre. Serious sporting injuries, including those that have required a pupil, member of staff or visitor to receive emergency services assistance and / or a visit to A&E should be reported to the Health and Safety Officer (Facilities Bursar), following the incident. The Health and Safety Officer should always be informed of any injury, no matter how minor, that may have resulted from an issue with College equipment or estate.

The provision by Sports Science is supplemented by Emergency First Aid qualified teachers (with first aid packs) and also a rota for staff who act as duty drivers. Duty drivers can transport injured persons to the Medical Centre or to the hospital as the situation demands. Further information relating to Sports Injuries is available from the College's Sports Injuries Policy.

12. Holiday Provision

During holidays the Medical Centre is not staffed. Members of Support Staff are trained in first aid to cover during holidays when the school nurse is not available. Hirers of the College facilities provide their own first aid arrangements.

13. Publicity

Notices displaying First Aid are to be placed in and around the College campus.

14. Training

The College's First Aid Trainer possesses First Aid at Work (FAW) qualifications and carries out Emergency First Aid at Work (EFAW) training for members of staff. He is a competent and qualified instructor in first aid and defibrillation. His qualifications and the training content he provides are accredited by NUCO, an awarding company that is recognised by the regulator, Ofqual.

EFAW training is tailored in accordance to the particular injuries that staff might deal with in carrying out their duties and tasks.

The aim of EFAW training is to ensure that teachers and support staff who volunteer can be trained to become an 'Appointed First Aider'. They will then, if willing, be the designated First Aider for an area or building in which they work and their details displayed so that, in the event of an accident or emergency, they are the first point of call and can assist or advise on the appropriate response.

The College Health & Safety Officer should monitor and control requirements and is responsible for arranging courses via the College First Aid Officer and First Aid Trainer, as required.

Where an accident / injury is obviously serious, the Emergency Services should be called on 999 immediately. Both the College First Aid Officer (Ext 2345) and the College Health and Safety Officer (Ext 2296) should be notified as soon as possible thereafter.

15. Accident Reporting

An Accident Report must be completed in all cases by the Departmental staff where the accident occurred. Each Department and day / boarding house has its own accident report book. The College Health and Safety Officer and College First Aid Officer must be notified of the accident.

The Health and Safety Officer should always be informed of any injury, no matter how minor, that may have resulted from an issue with College equipment or estate.

The Health and Safety Officer (Facilities Bursar) should be sent a copy of the Accident Report Form. He shall take responsibility for record keeping, investigation and RIDDOR, where necessary. Governors will need to consider whether an accident should be reported to the Charity Commission.

16. Monitoring

The College's Health and Safety Committee receives a report at its termly meeting on reported accidents from the Health and Safety Officer and Senior Sister.

The College maintains a risk assessment system that takes into account any accident book entries in order to determine whether current controls and precautions are adequate and appropriate. The Health and Safety Officer is responsible for maintaining a list of those staff trained in first aid and for ensuring that adequate levels of training are maintained.

Date of this policy:	Oct 2018
Policy drawn up by:	NLC / PJP
Date of next policy review:	April 2019
Date for publication of revised policy	May 2019

References:

Internal

- Medical Conditions Policy

External

- National Institute of Clinical Excellence - Head Injury 2014 'Early detection and prompt treatment is vital to save lives and minimise disability'. (New Quality Standard on Head Injury).
- DfE Guidance for First Aid in Schools
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/306370/guidance_on_first_aid_for_schools.pdf
- HSE First Aid legislation <http://www.hse.gov.uk/firstaid/legislation.htm>
- Riddor reporting <http://www.hse.gov.uk/riddor/>

Annex 1

Management of Emergency / First Aid situations

FAINTING



SYMPTOMS:

- Yawning
- Sudden Clammy Sweating
- Nausea
- Deep fast breathing



TREATMENT:

Lie down – Head low, legs raised.
 Keep a friend of the patient there.
 Take patient away from crowded situation.
 Call Medical Centre



IF DETERIORATES:

If patient does not regain consciousness within 2 minutes put in the recovery position, open airway.
 Ring 999

PANIC ATTACKS



SYMPTOMS:

- Palpitations
- Hyperventilating
- Trembling
- Nausea
- Sweating
- Numbness
- Tingling in fingers
- Intense feeling of fear



TREATMENT:

Encourage slow deeo breathing 0 count to 3 on each breath – in and out.
 Keep a friend of the patient there.
 Take patient away from crowded situation.
 Speat to patient slowly and calmly to reassure.
 Call Medical Centre



Stay with the patient and keep calm until help arrives.
 Keep reassuring the patient.
 Try to get patient to focus on something relaxing.

ANAPHYLAXIS



SYMPTOMS:

- Pallor
- Limpness
- Skin rash, itchy weals
- Swelling lips and tongue
- Hoarseness
- Difficulty breathing, speaking and swallowing



TREATMENT:

Reassure.
 Whilst conscious and responding, sit in well supported, comfortable position and loosen clothing.
 Keep a friend if the patient there.
 Take patient away from crowded situation.
 Ring Medical Centre



IF DETERIORATES: CALL 999

Place in recovery position.
 If the patient shows signs of worsening symptoms, severe drowsiness or loss of consciousness before help arrives give adrenaline by EpiPen.

REMEMBER KEEP CALM. REMOVE OTHER PUPILS FROM IMMEDIATE AREA
MEDICAL CENTRE: 01323 452 345 / 07714 458 982