

# CPR Safety Spotlight

23<sup>th</sup> May 2020



SUNDERLAND CARE AND SUPPORT issued '**Guidance on CPR during the Covid-19 pandemic**' on 20<sup>th</sup> May 2020. This is a summary of the guidance and all SCAS staff should ensure they read the full guidance.

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## Hands-only CPR

Whenever CPR is carried out, there is some risk of cross-infection associated, particularly with giving rescue breaths. Normally, this risk is very small and is beset against the inevitability that a person in cardiac arrest will die if no assistance is given. The first things to do are shout for help and dial 999 or 112.

The Resuscitation Council UK Statement on COVID-19 in relation to CPR and resuscitation in first aid and community settings (attached) recommends compression-only CPR in adults where there is a perceived risk of infection:

They offer this advice when treating adults:

1. Recognise cardiac arrest by **looking** for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth. If you are in any doubt about confirming cardiac arrest, start chest compressions and call an ambulance
2. If there is a perceived risk of infection, rescuers should place a cloth/towel over the victim's mouth and nose and attempt compression only CPR and early defibrillation until the ambulance arrives. Put hands together in the middle of the chest and push hard and fast.
3. Early use of a defibrillator significantly increases the person's chances of survival and does not increase risk of infection.
4. If the rescuer has access to personal protective equipment these should be worn.
5. After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative.

## Infection Control

If you are required to perform CPR you should adopt appropriate precautions for infection control.