

FIRST AID & CPR COURSES HYGIENE POLICY

The Heart & Stroke Foundation of Canada and CGET Medical Director recommendations during First Aid & CPR training sessions:

- All participants must wash their hands with an alcohol-based solution before entering the classroom.
- All participants will get the temperature check by an Infrared Forehead Thermometer Non-Contact Digital Temperature Meter.
- All participants are encouraged to wear a mask or face covering in the classroom.
- All participants will be spaced at least 2 meters (6 feet) apart during training, based on the World Health Organization (WHO) guidance on social distancing.
- Instructors and participants must wash hands with soap and water for at least 20 seconds before and after the course, and after any absence from the classroom (breaks, etc.)
- The number of participants per class will be determined by the client and the instructor.
- CPR Manikins & first aid equipment will be cleaned before and after the course.
- Chairs & table will be cleaned before and after the course.

These additional precautions should be practiced until further notice.

As always, please take actions in the classrooms to help prevent disease and protect your health:

- Practice good hygiene, including handwashing as directed above.
- Avoid touching your eyes, nose or mouth, especially with unwashed hands.
- Avoid close contact with people who are sick.
- Cough and sneeze into your sleeve and not your hands.
- Stay home if you are sick to avoid spreading illness to others.

On behalf of my team I look forward continuing the working relationship and helping participants pursue their training goals.

Respectfully,



Stephane Roger, Bsc.S.,NREMT, (A),(B),(D),(T),(W), COHS.

EMS Instructor
Emergency Management Professional

ORDER OF

Dr. Ginette Lalonde-Kontio, B.A., B.Ed., M.Ed., M.AvMed., MD, CFPC (FCFP), FMA.
Medical Director