

# COGNITA



North Bridge House  
Prep School

**First Aid Policy**

**October 2021**

**UK**

#### KEY FACTS:

- ❖ To ensure that we promote the good health of all the children in our care.
- ❖ First aid can save lives and prevent minor injuries become major ones
- ❖ The school will ensure that there are adequate facilities and appropriate equipment for providing first aid in the workplace, including for visitors, as well as for the age of children.
- ❖ Minimum first aid provision is a suitably stocked first aid container, an appointed person to take charge of first aid arrangements and for information for employees on first-aid arrangements, as well as adequately trained and experienced staff.
- ❖ This minimum provision is supplemented with a first aid needs assessment to identify any additional requirements specific to the school, to record the findings and to introduce measures to manage any risks.
- ❖ First aid provision must always be available whilst children are on the school premises and including school visits off site.
- ❖ Our school, staff and others have a duty to safeguard and promote the welfare of children.

## 1 General Statement

1.1 The definition of First Aid is as follows:

- In cases where a person will need help from a medical practitioner or nurse, treatment for the purpose of preserving life and minimising the consequences of injury and illness until help is obtained; and,
- Treatment of minor injuries which would otherwise receive no treatment, or which do not need treatment by a medical practitioner or nurse.

1.2 This policy provides an overview of the statutory requirements and how these are met in school. All safeguarding and child protection policy guidelines must be adhered to both on and off the school site, when first aid is administered.

1.3 The policy applies to all pupils including those pupils covered by the Statutory Frameworks for the Early Years Foundation Stage (EYFS) 2017.

1.4 The responsibility for drawing up and implementing the First aid policy is delegated to the Head, including informing staff and parents. However, implementation remains the responsibility of all staff in our school in order to keep children healthy, safeguarded and protected whenever they are in our care.

## 2 Current Procedure

2.1 Our appointed person (Nurse) undertakes and records an annual review. A first aid needs assessment is carried out at the beginning of each school year to ensure that adequate provision is available given the size of our school, the staff numbers, our specific location and the needs of individuals.

2.2 Our risk assessment includes consideration of pupils and staff with specific conditions and major illnesses, such as asthma and epilepsy, takes account of an analysis of the history of accidents in our school, as well as the identification of specific hazards. It also includes careful planning for any trips and visits, including residential and higher risk trips which always include a suitably trained first aider, in keeping with our Educational Visits policy.

- 2.3 Our procedure outlines when to call for help when necessary, such as an ambulance or emergency medical advice from professionals/treatment and outlines the requirements for documenting necessary treatment once applied. The main duties of a First Aider are to give immediate help to casualties with common injuries or illnesses and those arising from specific hazards at school.
- 2.4 The First Aid Coordinator is responsible for ensuring the correct implantation of health related documents (e.g. First Aid Policy), updating medical records, developing individual health care plans, recording injuries and accidents, ensuring children receive their medication (regular or as required). The designated person also may organise personal development trainings (e.g., first aid courses, education on child specific illness, mental health training).
- 2.5 While the First Aid Coordinator is the designator person to provided first aid and supply first aid kit and stock, we ensure that first aid provision is available at all times, including out of school trips, during PE, and at other times when the school facilities are used.
- 2.6 We keep a written record of all accidents or injuries and first aid treatment. We must inform parent(s)/carer(s) of all serious or significant incidents on the same day, or as soon as reasonably practicable, of any first aid treatment.
- 2.7 We must notify our local child protection agency of any serious accident or injury to, or the death of, any child in our care. We always act on their advice, if given to us.
  - **Camden Duty and Assessment Team (North) 0207 974 6600**
  - **Camden Duty and Assessment Team (South) 0207 974 4094**

And in urgent situations, during out of office hours, we contact them via:

- **Camden Duty and Assessment Team 0207974 4444**

### 3 First Aid Training

- 3.1 We carefully consider, and review annually, the training needs of our staff to ensure that suitable staff are trained and experienced to carry out first aid duties in our school. We consider the following skills and experiences:
  - Reliability, communication and disposition,
  - Aptitude and ability to absorb new knowledge and learn new skills,
  - Ability to cope with stressful and physically demanding emergency procedures,
  - Normal duties are such that they may be left to go immediately and rapidly to an emergency, and
  - Need to maintain normal operations with minimum disruption to teaching and learning.
- 3.2 First aiders in our school have all undertaken appropriate training. They have a qualification in either First Aid at work (FAW, 3 days or 18 hours) or Emergency First Aid at work (EFAW, 1 day or 4-6 hours) or Emergency Paediatric First Aid (EPFA, 1 day or 4-6 hours). EYFS paediatric first aiders hold a clearly recognised certificate or a renewal (minimum of 12 hours tuition). Before the certificates expire, first aiders need to undertake a requalification course as appropriate, to obtain another three-year certificate. In relation to the FAW/EFAW/EPFA training courses, providers will follow the current guidelines issued by Resuscitation Council (UK) October 2015.

- 3.3 While the First Aid Coordinator is the designated person, all staff trained can be called upon to provide first aid, record injuries or illnesses and administer medication provided they have completed appropriate training. This includes
- 3.4 Training will be updated every three years and will not be allowed to expire before retraining has been achieved.
- 3.5 The need for ongoing refresher training for any staff will be carefully reviewed each year to ensure staff basic skills are up to date, although we are aware that this is not mandatory. Annual three-hour basic skills updates in between formal training is recommended to keep staff up to date.

#### 4 Key Personnel

School Nurse is responsible for looking after first aid equipment and facilities, as well as calling the emergency services as required.	Kasia Mosquera- Nurse Our trained first aid staff are all kept on an internal list, reviewed by the First Aid Coordinator or School Nurse each month.
The following staff have completed a recognised training course in FAW	Ray Irving, Richard Branch, Zoe MB, Aniela Dunford, Amy Coad
The following staff have completed a recognised training course in EPFA	N/A
The following staff have completed a 2day Paediatric course in first aid (EYFS requirement)	Kasia Mosquera

#### 5 Contents of our First Aid Box

- 5.1 Our minimum provision, as recommended by HSE is to hold a suitably stocked first aid box, to nominate an appointed person (see 3.1 above), as well as the provision for staff of relevant information on first aid arrangements.
- 5.2 In our suitably stocked First Aid box we provide the following, or suitable alternatives:

Contents of First Aid Box	Small	Large
Guidance Leaflet	1	1
Medium Sterile Dressings	2	6
Large Sterile Dressing	2	4
Triangular Bandages	2	4
Scissors	1	1
Eye Pad Sterile Dressings	2	4
Sterile Plasters	40	100
Sterile Cleansing Wipes	20	40
Adhesive Tape	1	3
Nitrile Disposable Gloves (Pairs)	6	12
Finger Sterile Dressings	2	2
Resuscitation Face Shield	1	2
Foil Blanket	1	3
Hydrogel Burn Dressing	1	2

Conforming Bandages	1	2
Eye wash	1	2
Safety pins	6	6

- 5.3 We do not keep tablets, creams or medicines in the first aid box.
- 5.4 Our first aid boxes are kept in the following places: reception desk, medical office, lower prep resource room, staff room, science room 1 & 2, kitchen) and groundskeeper office. Eye washing stations are in science room 1 & 2 and medical office. All kits are checked monthly for quantity and expiry date by the First Aid Coordinator. If items are used, staff are required to record incident and alert First Aid Coordinator.
- 5.5 We take great care to prevent the spread of infection in school, particularly in the event of spillages of bodily fluids which we manage effectively by washing off skin with soap and running water, out of eyes with tap water and or an eye wash bottle, wash splashes out of nose with tap water, record details of any contamination, and seek medical advice where appropriate. For further information please see our Prevention and Control of Communicable and Infectious Diseases Procedures (see Appendix One).
- 5.6 First aiders take careful precautions to avoid the risk of infection by covering cuts and grazes with a waterproof dressing, wearing suitable powder free vinyl gloves, using suitable eye protection and aprons where splashing may occur, use devices such as face shields when giving mouth to mouth resuscitation, wash hands after every procedure.
- 5.7 We ensure that any third-party lettings or providers, including transport, have adequate first aid provision which complies with our standards. For example, visiting sports clubs or schools.

## 6 Recording Accidents and First Aid Treatment

- 6.1 Pupils will tell their teacher or nearest staff member, or fellow pupils, when they are not feeling well or have been injured. They will let a member of staff know if another pupil has been hurt or is feeling unwell. If unwell or injured and require visiting the first aid office, they will be escorted by staff or peer, depending on the severity, with an accompanying first aid slip with basic details.
- 6.2 All accidents are recorded immediately after the accident, including the presence of any witnesses and details of any injury or damage. Records are stored confidentially in Medical Tracker (Accident reporting software tool). The recording of an accident is always carried out in confidence by the person administering first aid.
- 6.3 Any treatment of first aid is recorded by the person who administered first aid. We will record the date, time and place with the name of the class, of the injured or ill person. Details of the injury or what first aid was administered, along with what happened afterwards is always recorded. Parents are notified via Medical Tracker or by phone if required.
- 6.4 The First Aid Co-ordinator is responsible for the maintenance of accurate and appropriate accident records, including the evaluation of accidents, and regular reporting to the H&S committee for monitoring purposes.
- 6.5 We adopt the definition of Ofsted regarding serious injuries as follows:
- broken bones or a fracture.
  - loss of consciousness.

- pain that is not relieved by simple pain killers.
- acute confused state.
- persistent, severe chest pain or breathing difficulties.
- Amputation.
- dislocation of any major joint including the shoulder, hip, knee, elbow or spine.
- loss of sight (temporary or permanent).
- chemical or hot metal burn to the eye or any penetrating injury to the eye.
- injury resulting from an electric shock or electrical burn leading to unconsciousness or requiring resuscitation or admittance to hospital for more than 24 hours.
- any other injury leading to hypothermia, heat-induced illness or unconsciousness; or requiring resuscitation; or requiring admittance to hospital for more than 24 hours.
- unconsciousness caused by asphyxia or exposure to harmful substance or biological agent.
- medical treatment, or loss of consciousness arising from absorption of any substance by inhalation, ingestion or through the skin; and
- medical treatment where there is reason to believe that this resulted from exposure to a biological agent, or its toxins, or infected material.

6.6 We adopt the definition from Ofsted for minor injuries, of which we always keep a record, as follows:

- sprains, strains and bruising.
- cuts and grazes.
- wound infections.
- minor burns and scalds.
- minor head injuries.
- insect and animal bites.
- minor eye injuries; and
- minor injuries to the back, shoulder and chest.

6.7 Children may have head injuries that cause concussion. Concussions can present immediately or have a delayed presentation over hours or days later. We follow the Concussion Policy (Appendix Two) regarding all concussions that occur while involved at school or in activities outside of school.

6.8 We follow the guidelines on the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR, 2013) for the reporting of serious and dangerous accidents and incidents in school. These include work-related and reportable injuries to visitors as well as certain accidents, diseases and dangerous occurrence arising out of or in connection with work. Where accidents result in the incapacitation of a worker for more than seven days, a RIDDOR report is required, including three days for recording purposes

## 7 Recording Incidents and Near Misses

7.1 We record any **near misses** which are an event such as occurrences where no one has been harmed and no first aid was administered but have the potential to cause injury or ill health. We record any incidents that occur on the premises, and these may include a break in, burglary, theft of personal or school's property; intruder having unauthorised access to the premises, fire, flood, gas leak, electrical issues.

## 8 Hospital Treatment

- 8.1 If a pupil has an accident or becomes ill, and requires immediate hospital treatment, the school is responsible for either:
- calling an ambulance in order of the pupil to receive treatment; or
  - taking the pupil to an Accident and Emergency department
  - and in either event immediately notifying the pupils parent/carer
- 8.2 When an ambulance has been called, a first aider will stay with the pupil until the parent arrives or accompany pupil to hospital by ambulance if required.
- 8.3 Where it is decided that pupil should be taken to A&E Department a first aider must either accompany them or remain with them until the parent/carer arrives.
- 8.4 Where a pupil must be taken to hospital by a member of staff they should be taken in a taxi and not use their own car.

## 9 Prescription and Non-Prescription Medication

- 9.1 Staff **will only administer prescribed** medication (from a doctor, dentist, qualified nurse or pharmacist) brought in by the parent/carer, for the pupil named on the medication in line with the stated dose. When medication has been administered, parents should be informed.
- 9.2 Staff may administer non-prescription medication such as Calpol, paracetamol and allergy medication where parents have provided written consent for this to happen and provided medication. Where medication is administered, parents should be informed.
- 9.3 Medicine containing aspirin or ibuprofen will be administered to any pupil if parents have given their written consent.
- 9.4 We encourage pupils to manage their own asthma inhalers from a very young age. Asthma medication is for both on-site and off-site emergency medication kits (located in the first aid office) until children can use it independently and it must always be taken offsite (e.g., on school trips/events).
- 9.5 If pupils are to self-medicate in school on a regular basis, then a self-administration medication risk assessment form will be carried out.
- 9.6 For pupils that are on Individual Healthcare Plans, parental consent will be sought regarding details of what medication they need in school, who is going to give it to them on a regular/daily basis. Refer to Supporting Pupils with Medical Conditions Policy (Appendix Three).
- 9.7 Most antibiotics do not need to be administered during the school day and parents should be encouraged to ask the GP to prescribe an antibiotic which can be given outside of school hours, where possible. If, however this is not possible then please refer to Storage of Medicine paragraph.

- 9.8 This school keeps an accurate record of each occasion an individual pupil is given or supervised taking medication via Medical Tracker. Details of the supervising staff member, pupil, dose, date and time are recorded. If a pupil refuses to have medication administered, this is also recorded, and parents are informed as soon as possible. Parents/carers are notified when the pupil has been administered medicine on the same day or as soon as is reasonably practical.
- 9.9 All school staff who volunteer or who are contracted to administer medication are provided with training. The school keeps a register of staff who have had the relevant training. It also includes careful planning for any trips and visits, including residential and higher risk trips which always include a staff member trained in medication administration.

## 10 Storage of Medication

- 10.1 Medicines are always securely stored in accordance with individual product instructions, paying particular attention to temperature. Some medication for pupils at this school may need to be refrigerated. All refrigerated medication is stored in a clearly labelled container. Refrigerators used for the storage of medication are in a secure area, inaccessible to unsupervised pupils.
- 10.2 We will carry out a risk assessment to consider any risks to the health and safety of our school community and put in place measures to ensure that identified risks are managed and that medicines are stored safely.
- 10.3 All medicines shall be stored in the original container in which they were dispensed, together with the prescriber's instructions for administration.
- 10.4 If a pupil is prescribed a controlled drug, it will be kept in safe custody in a locked, non-portable container and only named staff will have access. Controlled drugs must be counted in and witnessed if they are not administered by a qualified nurse or practitioner. The records must indicate the amount of remaining medication and logged in a controlled drug recording book.
- 10.5 Parents are responsible for ensuring that any date-expired medication is collected from the school. All medication is sent home with pupils at the end of the school year. Medication is not stored in summer holidays. If parents do not pick up out-of-date medication or at the end of the school year, medication is taken to a local pharmacy for safe disposal.
- 10.6 We will keep medicines securely locked and only named staff will have access, apart from Adrenaline Auto Injectors (e.g., EpiPen's), asthma pumps and diabetes hypo kits which need to be with or near pupils who need them. Every month the First Aid Coordinator will check the expiry dates for all medication stored at school.
- 10.7 Sharps boxes are used for the disposal of needles. All sharps boxes in the school are stored in a locked cupboard unless alternative safe and secure arrangements are put in place. If a sharps box is needed on an off-site or residential visit, a named member of staff is responsible for its safe storage and return to a local pharmacy or to school or the pupil's parent. Collection and disposal of sharps boxes is arranged by the school biannually.

## 11 Defibrillators (AED)

- 11.1 The school has one defibrillator located in the school office next to reception.



- 11.2 The defibrillator is always accessible, and staff are aware of the location, and those who staff have been trained to use it. They are designed to be used by someone without specific training and by following the accompanying step by step instructions on it at the time of use. The manufacturer's instructions are circulated to all staff and use promoted should the need arise.

## 12 Monitoring and Evaluation

- 12.1 Our school's senior leadership team monitors the quality of our first aid provision, including training for staff, accident reporting on a termly basis. Our policy will be reviewed annually, accordingly. Compliance will be reported formally to the school's termly H&S Committee. Minutes of these are submitted to the Health and Safety Manager at Cognita Regional Office. The Health and Safety Manager will report to the Cognita (UK) Regional H&S Committee meeting acting in the role as the Proprietor.
- 12.2 Reports are provided to our Safeguarding committee which includes an overview of first aid treatment to children including the identification of any recurring patterns or risks, lessons learned with the management actions to be taken accordingly including the provision of adequate training for staff.
- 12.3 As Proprietor, Cognita Schools has published a compliance training guide for schools which details preferred providers of first aid training, including approximate costs and procurement arrangements. This document is currently available on the Hub.

## 13 Covid-19 Guidelines

- 13.1 Every child who enters medical room has temperature checked by First Aid Coordinator or school nurse. Normal temperature ranges from 36°C – 38°C. If a child is showing high fever and other covid19 symptoms, they will be isolated in a room with a face covering and water until parents come to collect child.
- 13.2 Children self-isolating, will need to be tested and will be able to return to school once 7 days isolation has finished or covid tests come back negative.
- 13.3 Medical room will need to remain clean and be disinfected by First Aid Coordinator after each visit from pupils or ill staff members.
- 13.4 All Yr7 and 8 pupils must wear face coverings.

Signed:

James Stenning, Head Teacher

<b>Ownership and consultation</b>	
Document sponsor (role)	Director of Operations - Europe
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<b>Compliance</b>	
Compliance with	The Health and Safety at Work Act 1974 The Management of Health and Safety at Work Regulations 1999 Health and Safety (First Aid) Regulations 1981. The Education (Independent Schools Standards) Regulations 2014 Early Years Foundation Stage Statutory Framework 2017 Health and Safety Executive (HSE) – Guidelines on Regulation of the Health and Safety (First Aid) Regulations published 2013. Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013

<b>Audience</b>	
Audience	Kasia Mosquera (School Nurse) and NBH Staff

<b>Document application</b>	
England	Yes
Wales	Yes
Spain	No

<b>Version control</b>	
Implementation date	June 2021
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<b>Related documentation</b>	
Related documentation	Health and Safety Policy Supporting Pupils with Medical Conditions Policy Educational Visits Policy and Guidance Safeguarding Policy: Child Protection Procedures Safeguarding: Allegations of Abuse Against Teachers and Other Staff Compliments and Complaints Prevention and control of Communicable and Infectious Diseases Procedures Serious Incident Reporting Form (SIRF)