

COURSE CONTENT OVERVIEW

COVID-19 Essentials: Infection Prevention & PPE



This COVID-19 Essentials: Infection Prevention and PPE course will teach you the measures you need to follow to reduce the spread of infection in non-health and social care workplaces. In order to protect your health and safety, and that of others, you will need to understand the fundamentals of infection prevention, the importance of personal hygiene and how to correctly and safely use different types of PPE.

This course will provide up-to-date information on current COVID-19 guidance, both industry-specific and more generalised, released by the Department for Business, Energy & Industrial Strategy and the Department for Education. Information on the correct use of PPE complies with that released by Public Health England, the NHS and the Department of Health and Social Care.

Module One - Introduction to Infection Prevention and PPE Essentials

This module introduces the topic of infection and COVID-19. It explains why you must consider infection prevention and control in the workplace, particularly during the COVID-19 pandemic. Additionally, it outlines the different legislation that will be applicable to the majority of low-risk workplaces and the duties that both employers and employees have.

- Infection
- What are the benefits of infection prevention and control?
- What is COVID-19?
- How is COVID-19 transmitted?
- The chain of infection
- Legislation
- The COSHH Regulations 2002
- Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) 2013
- Government guidance for COVID-19
- Employer duties
- Employee duties

Module Two - COVID-19 Risk Management

This module explains the requirements of the risk assessment process and the types of control measures that employers may enforce in the workplace to reduce the risk of COVID-19 transmission. Additionally, it considers how equality and diversity must be maintained in the workplace by selecting control measures that do not discriminate.

- Risk assessments
- Equality and diversity in the workplace
- Managing COVID-19 risks
- Ventilation
- Reducing contact for workers
- Reducing risk for customers, visitors and contractors

Module Three - Self-Isolation and Emergency Procedures

This module familiarises you with the self-isolation requirements, the NHS Test and Trace Service, the NHS COVID-19 app and getting a COVID-19 test. It also explains how vulnerable workers must be protected and how you may need to respond differently during emergency procedures, particularly when administering first aid or evacuating the workplace.

- Self-isolation requirements
- Self-isolation period
- NHS Test and Trace
- NHS COVID pass
- NHS COVID-19 app
- Getting a COVID-19 test
- Protecting vulnerable workers
- Emergencies during COVID-19
- First aid during COVID-19

Module Four - Effective Cleaning for Infection Prevention and Control

This module of the course explains the correct cleaning methods that you may need to follow to prevent and control infection in the workplace. It specifically outlines the procedure that you need to follow if cleaning up after a suspected case of COVID-19.

- Cleaning activities
- Cleaning during COVID-19
- Cleaning after a suspected case of COVID-19
- Clean-up kit
- Further considerations before reopening

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Module Five - Personal Hygiene

This module teaches you what is meant by personal hygiene and why it is important for infection control and prevention. It explains why you must maintain high standards of hand hygiene and the correct handwashing procedure for ensuring this. There is also advice for the different types of commuting and a summary of the workplace-specific guidance.

- What is personal hygiene?
- The importance of personal hygiene for infection control and prevention
- Respiratory hygiene
- Hand hygiene
- Handwashing procedure
- When should hands be washed?
- Workplace handwashing facilities
- Showers and changing rooms

Module Six - Correct Use of PPE

This module explains what personal protective equipment (PPE) is and why you may need to wear it in a non-healthcare environment during the COVID-19 pandemic. It will provide you with an understanding of how to correctly put on and remove face coverings and masks and gloves.

- What is PPE and why is it important?
- Steps to take before putting on PPE
- How to correctly use face masks
- How to correctly use face coverings
- Face covering exemptions and considerations
- How to correctly use gloves
- How to correctly use eye protection
- How to correctly use aprons
- When might PPE be worn?
- Wearing multiple items of PPE
- How to safely dispose of PPE
- COVID-19 and workplaces

Aims of the training

Upon completion of the training, you will:

- Know what COVID-19 is and what is meant by the chain of infection.
- Recognise what measures employers may enforce in the workplace to reduce the risks associated with COVID-19 and what actions employees are required to take to help limit the transmission of COVID-19.
- Understand how to correctly clean your work environment and equipment to stop the spread of viruses, bacteria and other infections.
- Know the correct hand washing and sanitising techniques to ensure good hand hygiene.
- Understand how to correctly put on and take off PPE and face coverings, when you might be required to wear them, and the requirements for changing, cleaning and disposing of them safely.