



Shrewsbury School

SHREWSBURY SCHOOL FIRST AID POLICY

Key points

All staff are expected to use their best endeavours in the event of a first aid emergency.

All staff must know:

1. How to call the emergency services – dial 999 and ask for an ambulance. If there is any doubt that an ambulance is required, call an ambulance straight away.
2. The location of the nearest first aid box (*see annex A*) which will contain:
 - The name of and how to contact the Appointed Person responsible for the building or area of the School the casualty is in (*see annex A*)
 - The name of and how to contact the First Aider (first aid trained person) responsible for the building or area of the School the casualty is in (*see annex A*)
 - A basic aide memoir for dealing with first aid emergencies (*see annex B*)
 - Basic first aid equipment (*see annex C*)
3. How to contact the Medical Centre – dial (01743) 280860; internal extension 860.

Appointed Persons are responsible for:

- Taking charge when someone is injured or becomes ill;
- Ensuring that an ambulance or other professional medical help is summoned if appropriate;
- Looking after and restocking the first aid box and any other first aid equipment in their area of responsibility.

The Appointed Person is not a First Aider but it is good practice for the Appointed Person to undertake emergency first aid training to help them cope with an emergency. This training, which does not have to be Health and Safety Executive (HSE) approved, would include:

- What to do in an emergency
- Cardiopulmonary resuscitation
- First aid for the unconscious casualty
- First aid for the wounded, bleeding or burnt

Appointed Persons may undertake basic and/or advanced HSE approved first aid training, if funding and vacancies allow.

First Aiders are responsible for:

- Giving immediate help to casualties with common injuries or illnesses and those arising from specific hazards at School;
- Where necessary, ensuring that an ambulance or other professional medical help is called.

First Aiders must complete a training course approved by the HSE. Refresher training is required every three years.

Sporting events

It is the responsibility of each sports tutor in charge of any sporting event taking place either on or off the school site to ensure :-

- There is a First Aider present (all sports staff are encouraged to undergo first aid training).
- There is a pitch side, suitably equipped first aid bag available at every event.
- They have a mobile telephone to contact Medical Centre or an emergency ambulance as necessary.
- They are aware of the location of the nearest defibrillator.
- They are aware of pupils in their charge who have a medical condition and ensure they have immediate access (pitch side) to their medication prior to any sporting event, if appropriate.

Responsibility

The provision of first aid at Shrewsbury School is delegated by the Governors to the Headmaster, who in turn delegates responsibility to the Bursar. The Bursar, in his role as Chairman of the Health and Safety Committee, determines the number of Appointed Persons and the number of First Aiders and the level of training they should receive.

The number of Appointed Persons and First Aiders is reviewed annually by the Health and Safety Committee or more frequently when required, for example following an accident or emergency.

When determining the appropriate number of Appointed Persons and First Aiders, the Health and Safety Committee will take into account:

- The number of staff (and pupils) present at any one time;
- The distribution of staff;
- The number and locations of first-aid boxes;
- Whether there are inexperienced members of staff;
- The number of staff and pupils with disabilities or specific health problems;
- The size, nature (split sites/levels) and location of the school premises to which members of staff have access in the course of their employment;
- Whether there are travelling, remote or lone staff;
- Arrangements for off-site activities;
- Arrangements for out of school hour activities such as parent evenings;
- Parts of the school premises with different levels of risks;
- The types of activity undertaken;
- The proximity of professional medical and emergency services;
- Any unusual or specific hazards (for example, working with hazardous substances, dangerous tools or machinery); and
- Accident statistics. These indicate the most common types of injuries, times and locations. It is a useful tool as it highlights areas to concentrate on and tailor first aid provision to.

When selecting staff to be an Appointed Person or First Aider, the Health and Safety Committee will take into account their reliability, communication skills, aptitude to learn, ability to cope with stressful situations and the ability to leave the work that they are doing at the time.

Guidance on the minimum legal requirement for Appointed Persons and First Aiders; the recruitment, selection and training of First Aiders; the responsibility and accountability of First Aiders; the need for a first aid room and the contents of first aid boxes can be found in the Health and Safety (First Aid) Regulations 1981.

Reporting accidents and record keeping

All members of the school community should report any accident or incident, however minor, as soon as possible after it has occurred. When an injured person is unable to complete their own details of the accident, then the Appointed Person, First Aider and/or witness should do it on their behalf.

Complete an accident report form (e-forms can be found on the Shrewsbury School intranet staff page: <http://staff.shrewsbury.org.uk/eformd/accident.php>) AND enter the details in the accident book.

Reports must contain:

- The date, time and place of the event;
- Details of those involved;
- A brief description of the accident/illness and any first aid treatment given;
- Details of what happened to the casualty immediately afterwards - for example went to hospital, went home, resumed normal activities, returned to class.

The Headmaster, Bursar and Second Master should be informed about any incident if it is at all serious or particularly sensitive. For example, when a pupil has had to go to hospital or if one pupil has caused deliberate damage to another or where negligence might be suggested.

Housemasters must inform parents when any pupil requires hospital treatment or is kept in the Medical Centre overnight.

If, as the result of an accident, an employee is taken to hospital, is unable to work or subsequently becomes absent from work, their line manager/Head of Department and Property Surveyor should be notified immediately.

The Property Surveyor must report all serious accidents to the HSE as required by RIDDOR.

In an emergency, the Headmaster's office, the Bursary and the relevant Housemaster have contact details of pupils parents and guardians. The Bursary has details of employees and their next of kin.

References

- a) Education Regulations(Independent School Standards) (England) 2010 (SI 2010/1997) Regulation 3 (14)
- b) DfEE Guidance on First Aid for Schools
- c) Health and Safety (First Aid) Regulations 1981

September 2017
To be revised September 2018 (MJW)

Annex A: First aid boxes, Appointed Persons, First Aiders

Location	Location of First Aid Box	Appointed Person	Contact details	First Aid Trained Person	Contact Details
Admissions	Careers office	Vicki Moeller	01743 280552	Nikki Bevan	01743 280521
Alington Hall	Reception office	Mike Tonks	01743 280530/932	Medical Centre staff	01743 280860 or 07951 746322
All weather pitch/tennis courts	Stott Pavilion	Abby Irvine	01743 280698	Ceri Medicott, Gill Powell	07969 200189, or 07969 161807
Art faculty	Office	Rose Shawe-Taylor	01743 280587	Ian Tattersfield	01743 280592
Ashton Theatre	Main office cupboard	Helen Brown	01743 280598	Alex Davies, Medical Centre staff	07951 746324 01743 280860 or 07951 746322
Biology faculty - Darwin Building	Kitchen	Torin Morgan	01743 280564	Richard Case	01743 280615 or 07860 266889
Boat House	Gym + workshop	Athol Hundermark	07899 982715	Andy Clark, Philip Lapage	01743 280537 or 07779 994062, 01743 280563 or 07817 335689
Careers	Office	Vicki Moeller	01743 280552	Nikki Bevan	01743 280521
Carpenters' workshop	Workshop	Gary Parr	07583 299295	Roger Morris, Alan Poole	07951 855172, 07967 377201
CCF office & stores	CCF office	Nick David	01743 280855	Jo Billington	01743 280855
Chapel	Utility area	Anna Peak	01743 280535	Nadine Jones, Tania Jones	01743 280602 or 07837 002640
Chatri Design Centre	Main entrance foyer	Kevin Lloyd	01743 280567	Craig Stanhope	01743 280567
Churchill's Hall	Matron's office	Richard Hudson	01743 280630	Marrioth Shepherd/Joan Bovill	01743 280632, 07969 204031
Craig Building	Top common entrance	Andy Briggs	01743 280563	Ade Davies/Tim George	01743 280994/5
Craig Building	IT entrance	Neil Allen	01743 280997	Ade Davies/Tim George	01743 280994/5
Craig Building	Car park entrance	Mark Schofield	01743 280950	Rachel Schofield/Sally Hartshorne	01743 280563
Craig Building	Chemistry prep room	Andy Briggs	01743 280563	Rachel Schofield/Sally Hartshorne	01743 280563
Cricknet nets, Ashton Road	Grounds workshop	Andy Richards	07967 377202	Grounds (Mark, Brian, Richard)	01743 280850 or 07967 377202
Cricknet School	Office/entrance foyer	Adam Shanry	01743 280698	Abby Irvine	01743 280698
Electricians' workshop	Workshop/rest room	Spencer Sonsino	07967 377197	Clare Birch/Jan Elms	01743 280682
Emma Darwin Hall	Lobby	Kait Weston	01743 280880	Pauline Mayer	01743 280882 or 07539 545863
Fives Courts	Biology kitchen	Seb Cooley	07969 029176	Nikki Bevan	01743 280521
Foundations Office	Office	John Rolfe	01743 280888	Karen Courteney-Harris	01743 280890
Grounds Department	Workshop	Andy Richards	07967 377202	Grounds (Mark, Brian, Richard)	01743 280850 or 07967 377202
The Grove	Back door shelf	Clare Wilson	01743 280690	Maureen Donahue,Sunita Boolauky	01743 280692 or 07969 200239
Hodgson Hall, ground floor	Faculty office	Tim Foulger	01743 280574	Ellie Phillips/Mary Kennerley	01743 280672, 07969 161912
Hodgson Hall, first floor	Faculty office	Paul Merricks-Murgatroyd	01743 280578	Ellie Phillips/Mary Kennerley	01743 280672, 07969 161912
Hodgson Hall, second floor	Faculty office	Colm Kealy	01743 280578	Ellie Phillips/Mary Kennerley	01743 280672, 07969 161912
Ingram's Hall	Matron's office	Sam Griffiths	01743 280660	Debra King	01743 280662 or 07837 002387
Kennedy Building	Painters' workshop	Paul Fitzgerald	01743 280571	Medical Centre staff	01743 280860 or 07951 746322
Kingsland Hall main kitchens	Chef's office	Jonathan Hart	01743 280841	Kevin Oakes, Catherine Bates	01743 280842
Kingsland Hall, dining room	Both entrances	Jonathan Hart	01743 280841	Kevin Oakes, Catherine Bates	01743 280842
Kingsland House, Bursary	Outside accounts office	Ruth Beavis	01743 280827	Karen Bryan/Juliet Young	01743 280826/812
Kingsland House, ground floor	Entrance lobby	Ruth Beavis	01743 280827	Karen Bryan/Juliet Young	01743 280826/812
Laundry	Utility area	Theresa Armstrong	01743 280858	Clare Birch/Jan Elms	01743 280682
Maidment Building (Music School)	Reception area	John Moore	01743 280580	Pauline Mayer/Juliet Young	07539 545863 or 07702 687565
Main School Building, ground floor	Main entrance	Sam Shanry	07889 588551	Nadine Jones, Tania Jones	01743 280602 or 07837 002640
Main School Building, first floor	Central stairwell	Jerome Armstrong	01743 280576	Nadine Jones, Tania Jones	01743 280602 or 07837 002640
Main School Building, second floor	Central stairwell	Tim Whitehead	01743 280512	Nadine Jones, Tania Jones	01743 280602 or 07837 002640
Mary Sidney Hall	Outside Matron's flat	Naomi Pritchard	01743 280800	Gill Powell	01743 280802 or 07969 161807
Mary Sidney Hall Laundry	Ground floor laundry	Naomi Pritchard	01743 280800	Gill Powell	01743 280802 or 07969 161807
Medical centre	Surgery	Sarah Wigley	01743 280860	Medical Centre staff	01743 280860 or 07951 746322
Moser Library	Office	Jo Elliot	01743 280595	Ian Tattersfield, Ellie Phillips	01743 280592/672
Moser's Hall	Housemistress's study	Jane Pattenden	01743 280640	Sandra Laxton/Sunita Boolauky	01743 280645 or 07837 002358
Oldham's Hall	Matron's office	Marcus Johnson	01743 280670	Ellie Phillips/Mary Kennerley	01743 280672, 07969 161912
Painters' workshop	Workshop	Alan Cruise	07967 376780	Medical Centre staff	01743 280860
Plumbers' workshop	Workshop	Chris Thomas	07951 689501	Clare Birch/Jan Elms	01743 280682
Port Hill - Dayboys' house	Matron's office	Andy Barnard	01743 280610	Ceri Medicott	07969 200189
Quod - Sixth Form Centre	Kitchen area	Charlotte Rule	01743 280990	Nikki Bevan, Mary Kennerley	01743 280521, 07967 161912
Radbrook - Dayboys' house	Matron's office	Richard Case	01743 280615	Ceri Medicott	07969 200189
Ridgemount	Matron's office	Will Hughes	01743 280680	Clare Birch/Jan Elms	01743 280682
Rigg's Hall	Matron's office	Matthew Barrett	01743 280620	Helen Reed/Joan Bovill	01743 280621 or 07969 203743
School House	Matron's office	Hugo Besterman	01743 280600	Nadine Jones, Tania Jones	01743 280602 or 07837 002640
School Shop	Till area	Michele Hignett	01743 280868	Medical Centre staff	01743 280868
Severn Hill boarding house	Matron's office	Dan Nicholas	01743 280650	Linda Riley	01743 280652 or 07800 549214
Sports hall/gym	Entrance lobby/office	Ed Moore	01743 280625	Duty Lifeguard	01743 280625, 07977 002926
Squash Courts	Kitchen area	Miles Harding	07988 880784	Medical Centre staff	01743 280860 or 07951 746322
Stott Pavilion	Changing room	Ian Howarth	07840 531774	Ceri Medicott, Gill Powell	07969 200189, or 07969 161807
Swimming Pool	Shallow + deep end	Ed Moore	01743 280625	Duty Lifeguard	07977 002926
Tennis Courts, Ashton Road	Grounds workshop	Miles Harding	07988 880784	Medical Centre staff	01743 280860 or 07951 746322
Top of Shop	Utility office cupboard	Michele Hignett	07986 314984	Medical Centre staff	01743 280860 or 07951 746322

The above schedule provides details of appointed persons and first aiders by building or facility. The sports department will ensure that a trained first aider is present for each school match with access to a portable first aid bag.

Annex B: basic first aid

Knowing what to do in an emergency is vitally important. Consider getting some first aid training and a first aid kit, and familiarise yourself with how to deal with some of the more common situations opposite. If someone is injured, the following steps will keep them as safe as possible until professional help arrives:

- Keep calm.
- If people are seriously injured call 999 immediately; contact the Appointed Person and First Aider.
- Make sure you and the injured person are not in danger.
- Assess the injured person carefully and act on your findings using the basic first aid steps below.
- Keep an eye on the injured person's condition until the emergency services arrive.

Unconsciousness

If the person is unconscious with no obvious sign of life, call 999 and ask for an ambulance. If you or any bystander has the necessary skills, give them mouth-to-mouth resuscitation while you wait for the emergency services.

Bleeding

Control severe bleeding by applying firm pressure to the wound using a clean, dry dressing and raise it above the level of the heart. Lay the person down, reassure them, keep them warm and loosen tight clothing.

Burns

For all burns, cool with water for at least 10 minutes. Do not apply dry dressings, keep the patient warm and call an ambulance.

Broken bones

Try to avoid as much movement as possible.

Annex C: Contents of first aid boxes on site

The minimum requirement for a first aid box, according to the HSE, is as follows:

- General first aid guidance leaflet
- individually wrapped sterile plasters (assorted sizes), appropriate to the type of work (hypoallergenic plasters can be provided if necessary);
- sterile eye pads;
- individually wrapped triangular bandages, preferably sterile;
- safety pins;
- large sterile individually wrapped unmediated wound dressings;
- medium-sized sterile individually wrapped unmediated wound dressings;
- disposable gloves (see HSE's leaflet *Latex and you*).

Depending on the area (eg science block, kitchen) and size of box, additional stock items might be added to provide specific first aid to that area where a certain type of injury is more common. Please note that, for instance, eyewash will be necessary in identified areas such as labs or workshops.

Please do not include known allergenic materials, ie Elastoplast or any creams or otherwise.

Prescription medication such as inhalers must not be kept in first aid boxes.

Annex D: Anaphylaxis

1. What is anaphylaxis?

Anaphylaxis is a severe form of allergic reaction. The cause is often contact with a protein to which your immune system has become sensitive, for example in nuts, in shellfish, in a fruit or vegetable or in the venom from a bee or wasp sting. Various medications and especially antibiotics, strong painkillers and anaesthetics can sometimes cause anaphylaxis. In other cases anaphylaxis may only occur when a combination of factors come together. An example might be a person who suffers an attack of anaphylaxis during strenuous exercise just after eating a hidden food allergen – a food that normally causes that person no symptoms at all. If, after investigation, no allergy or external trigger can be found, the term idiopathic anaphylaxis is used. Idiopathic anaphylaxis has the same symptoms as anaphylaxis with a known trigger. As with all cases of anaphylaxis, idiopathic anaphylaxis has the potential to be life threatening.

2. Medication and control

Medication to treat anaphylactic reactions includes antihistamines, an adrenaline inhaler, or an adrenaline injection.

AUTO INJECTOR ‘EPIPEN’

This syringe injects automatically when pressed or jabbed firmly against the skin (ideally the thigh) and contains adrenaline. Adrenaline is one of the best treatments for anaphylaxis as it interrupts the consequences of the immune response that is responsible for the reaction. Use your auto injector as soon as a severe reaction is suspected, for example if the symptoms include tongue or throat swelling, breathing difficulty, weakness or faintness. Always lie down if the symptoms include weakness or faintness.

All pupils who have anaphylaxis will require an individual health care plan. Spare Epipen's are stored at the **Medical Centre**, in pupils' **Boarding Houses** and in **Kingsland Hall**. Pupils with an Epipen should carry it with them at all times.

3. Managing pupils with anaphylaxis

- Staff should be aware of those pupils under their supervision who have a severe allergy resulting in anaphylaxis.
- Staff should ensure that all pupils, who have an Epipen prescribed to them, have their medication on them at all times.
- Staff should ensure that they have some knowledge of what to do if a pupil has an anaphylactic reaction. (Anaphylactic training is part of the first aid training for staff).
- If a pupil feels unwell, the Medical Centre staff should be contacted for advice.
- A pupil should always be accompanied to the Medical Centre if sent by a member of staff.

4. Away trips: Please refer to the Staff Handbook for full procedures

- Staff should ensure that pupils going on away trips carry their medication with them.
- Staff members trained in the administration of medication must be identified.
- Staff must give consideration to the safe storage of medication.
- Staff supervising the trip must be aware of the pupil's condition and of any relevant emergency procedures.

5. Issues which may affect learning

Pupils with anaphylaxis should be encouraged to participate as fully as possible in all aspects of school life. It is not possible to ensure that a pupil will not come into contact with an allergen during the

school day but schools should bear in mind the potential risk to such pupils in the circumstances and seek to minimize risk whenever possible.

6. What are the main symptoms?

- Intense itching and a raised blotchy rash (urticaria) like hives or a nettle rash
- Lip, tongue, throat and/or eyelid swelling
- Severe wheezing, difficulty breathing or difficulty speaking
- Feeling faint, unusually terrified or passing out
- Vomiting or abdominal pain

7. What to do if a pupil has an anaphylactic reaction

- Get someone to call 999 as the adrenaline can sometimes just be a short-term treatment and the symptoms may come back.
- Stay calm and reassure the pupil.
- Encourage the pupil to administer their own medication/Epipen as taught. If unable, then a competent member of staff should administer.
- Summon assistance immediately from the Medical Centre.
- If unsure whether to use the injector, the general advice is that it is better to use it than not. If administered correctly, adrenaline is a safe drug for most people.

Annex E: Asthma

I. What is Asthma?

Pupils with asthma have airways which narrow as a reaction to various triggers. The triggers vary between individuals but common ones include viral infections, cold air, grass pollen, animal fur, house dust mites and passive smoking. Exercise and stress can also precipitate asthma attacks in susceptible cases. The narrowing or obstruction of the airways causes difficulty in breathing and can be alleviated with treatment.

Asthma attacks are characterised by coughing, wheeziness, an inability to speak properly, and difficulty in breathing, especially breathing out. The pupil may become distressed and anxious and in very severe attacks the pupil's skin and lips may turn blue.

Shrewsbury School

- Recognises that asthma is a widespread, serious but controllable condition.
- Ensures that pupils with asthma can and do participate fully in all aspects of school life, including art, PE, science, educational visits and out of hours activities.
- Recognises that pupils with asthma need immediate access to reliever inhalers at all times
- Ensures that all staff (including supply teachers and support staff) who have pupils with asthma in their care, know who those pupils are; a record of all school pupils with asthma is kept and available on ISAMS.

Asthma medicines

Children with asthma at Shrewsbury School should have their own reliever inhaler on their person to treat symptoms and for use in the event of an asthma attack. Spare prescribed inhalers are kept in their boarding houses by the house Matron. An Asthma UK survey found that 86% of children with asthma have at some time been without an inhaler at school, having forgotten, lost or broken it, or the inhaler having run out.

New regulations introduced on 1 October 2014 now allow schools to hold an **Emergency Asthma Kit**.

Storage and care of the EMERGENCY ASTHMA KIT

The school nurse has overall responsibility for the maintenance of the emergency asthma kits. Emergency inhaler kits will be kept in various key locations on the school premises including one at the Medical Centre where oxygen and a nebuliser are also kept. There is also a spare emergency inhaler kit available at the Medical Centre to be taken on school away trips.



Contents of the Emergency Inhaler Kit:

- A salbutamol metered dose inhaler (Salbutamol is a relatively safe medicine, particularly if inhaled, but all medicines can have some adverse effects. Those of inhaled salbutamol are well known, tend to be mild and temporary and are not likely to cause serious harm. It is essential that the emergency inhaler is used only by pupils who have asthma or who have been prescribed a reliever inhaler.)
- A plastic spacer compatible with the inhaler;
- Instructions on using the inhaler and spacer;
- Manufacturer's information;
- Information contact details of the Medical Centre, so that the nurse can record use and refill kit.

Away trips: please refer to the Staff Handbook for full procedures

Staff should ensure that all pupils going on away trips carry their medication with them. Staff members trained in administration of medication must be identified. Staff must give consideration to the safe storage of medication. Staff supervising the trip must be aware of the pupil's condition and of any relevant emergency procedures.

Location of Asthma Emergency Kit

1. Alington Hall (opposite reception)
2. Boathouse (fixed to the wall in the main gym area)
3. Chatri Design Centre (ground floor, near classroom)
4. Cricket School (next to first aid box just inside main entrance)
5. Gym/Swimming Pool (next to current first aid box in the corridor)
6. Hodgson Hall (ground floor next to lift)
7. Maidment (main lobby)
8. MSB (main central doors, just inside on the left)
9. Science (main entrance)
10. Medical Centre

Each boarding house matron will have spare inhalers and spacers in their medical room kept alongside the First Aid Box.

HOW TO RECOGNISE AN ASTHMA ATTACK

- Persistent cough (when at rest)
- A wheezing sound coming from the chest (when at rest)
- Difficulty breathing (could be breathing fast and with effort, using all accessory muscles in the upper body)
- Nasal flaring
- Unable to talk or complete sentences. Some people will go very quiet.
- May try to tell you that their chest 'feels tight'.

CALL AN AMBULANCE IMMEDIATELY IF PATIENT:

- Appears exhausted
- Has gone blue/white around lips
- Is going blue
- Has collapsed

WHAT TO DO IN THE EVENT OF AN ASTHMA ATTACK

- Keep calm and reassure the pupil.

- Encourage the pupil to sit up and slightly forward.
- Use the pupil's own inhaler – if not available, use the EMERGENCY INHALER KIT.
- Remain with the pupil while the kit is brought to them.
- Immediately help the pupil to take two separate puffs of salbutamol via the spacer.
- If there is a noted improvement, escort the pupil to the Medical Centre if safe to do so.
- If there is no immediate improvement, continue to give two puffs at a time every two minutes, up to a maximum of 10 puffs.
- Stay calm and reassure the pupil.
- Stay with the pupil until recovered.
- If the pupil does not feel better or you are worried at anytime before you have reached 10 puffs, call 999 for an ambulance.
- If an ambulance does not arrive in 10 minutes, give another 10 puffs in the same way.

HOW TO USE A SPACER DEVICE

1. Remove the cap from the inhaler
2. Shake inhaler and insert into device
3. Place mouthpiece in the mouth
4. Press the canister once to release a dose of the drug
5. Take a deep slow breath in
6. Hold breath for about 10 seconds, then breath out through mouthpiece
7. Breath in again but do not press the canister
8. Remove the device from the mouth
9. Wait about 30 seconds before repeating steps 2-8.

Annex F: Diabetes

1. What is diabetes?

Diabetes is a condition in which the amount of glucose (sugar) in the blood is too high due to the body being unable to use it properly. This is because of a faulty glucose transport mechanism due to lack of insulin.

Normally, the amount of glucose in the bloodstream is carefully controlled by a hormone called insulin. Insulin plays a vital role in regulating the level of blood glucose and, in particular, in stopping the blood glucose level from rising too high.

Pupils with diabetes have lost the ability to produce insulin and therefore their systems are unable to control their blood glucose levels. If the blood glucose level is too high, a pupil may show symptoms of thirst, frequent trips to the toilet, weight loss and tiredness. Conversely, if the blood glucose level is too low a pupil may display symptoms which include hunger, drowsiness, glazed eyes, shaking, disorientation and lack of concentration.

2. Medication and control

Diabetes cannot be cured but it can be treated effectively by injections of insulin and by following an appropriate diet. The aim of the treatment is to keep the blood glucose level close to the normal range so that it is neither too high (hyperglycaemia) nor too low (hypoglycaemia). All pupils with diabetes will require an individual health care plan.

In most cases pupils will have their insulin injections before and after school but some pupils may require an injection at lunchtime. If a pupil needs to inject whilst at school he/she will know how to undertake the procedure without adult supervision. However, the pupil may require privacy in which to administer the injection. Some pupils may also need to monitor their blood glucose levels on a regular basis and again privacy may be required for this procedure.

An essential part of the treatment of diabetes is an appropriate diet whereby regular meals and good food choices help to keep the blood glucose level near normal. A pupil with diabetes will have been given guidance on food choices which should be reduced in sugar and fat but high in starch. Most pupils with diabetes will also need to eat snacks between meals and occasionally during class time. These snacks usually consist of cereal bars, fruit, crisps or biscuits. It is important to allow a pupil with diabetes to eat snacks without hindrance or fuss and to ensure that the lunchtime meal is taken at a regular time. It is also important that the School should establish with the pupil and his/her parents where supplies of fast acting sugar can be kept in case of a hypoglycaemic episode.

The issue of close communication between parents and the School is fundamental to the care of pupils with diabetes, as many aspects of growth and development will have an impact on their diabetes control. It is the parents' responsibility to ensure that any medication retained at the School is within its expiry date.

Following discussion with the pupil and his/her parents individual decisions should be made as to whether to provide basic information on a pupil's condition to his/her peer group so that they are aware of their classmate's needs.

3. Managing pupils with diabetes

- Staff should be aware of those pupils under their supervision who have diabetes.
- Games staff should ensure that all pupils with diabetes have a lucozade bottle with them (and their emergency medication and blood glucose monitoring kit) prior to commencement of a session.

- Staff should ensure that they have some knowledge of what to do if a pupil has a hypoglycaemic episode or a hyperglycaemic episode. (Staff to seek advice from Medical Centre staff for training)
- If a pupil feels unwell, the Medical Centre staff should be contacted for advice.
- A pupil should always be accompanied to the Medical Centre if sent by a member of staff.

4. **Away trips: please refer to Staff Handbook for full procedures**

- Staff should ensure that all pupils going on away trips carry their medication with them.
- Staff members trained in the administration of medication must be identified.
- Staff must give consideration to the safe storage of medication.
- Staff supervising the trip must be aware of the pupil's condition and of any relevant emergency procedures.

5. **Issues which may affect learning**

Pupils with diabetes should have no difficulties in accessing all areas of the curriculum including sporting activities which are energetic. However, as all forms of strenuous activity use up glucose there are some simple precautions to follow in order to assist a pupil with diabetes in maintaining an adequate blood glucose level:

- Encourage the pupil to eat or drink some extra sugary food before the activity:
- Have glucose tablets or a sugary drink readily available in case the pupil displays symptoms of hypoglycaemia;
- After the activity is concluded, encourage the pupil to eat some more food and take extra fluid - these additional snacks should not affect normal dietary intake.

6. **What do in an emergency if a pupil has a hypoglycaemic (low blood sugar) episode**

Common causes:

- A missed or delayed meal or snack
- Extra exercise
- Too much insulin during unstable periods
- The pupil is unwell
- The pupil has experienced an episode of vomiting.

Common symptoms:

- Hunger
- Drowsiness
- Glazed eyes
- Shaking
- Disorientation
- Lack of concentration

- Get someone to stay with the pupil - call for nursing staff/ambulance. (If they are hypo, do not send them out of class on their own, their blood sugar may drop further and they may collapse.)
- Give fast acting sugar immediately (the pupil should have this), eg:
 - Lucozade
 - Fresh orange juice
 - Sugary drink, eg Coke, Fanta
 - Glucose tablets
 - Honey or jam
 - 'Hypo Stop' (discuss with Medical Centre whether this should be taken on trips off site)
- Recovery usually takes ten to fifteen minutes.
- Upon recovery give the pupil some starchy food, eg couple of biscuits, a sandwich.
- Inform Medical Centre/parents of the hypoglycaemic episode.
- In some instance it may be appropriate for the pupil to be taken home from school.

NB. In the unlikely event of a pupil losing consciousness, call an ambulance (and then contact the Medical Centre).

7. A hyperglycaemic episode (high blood sugar)

Hyperglycaemic episodes occur when the blood glucose level is too high. Pupils may display the following symptoms:

- Excessive thirst.
- Passing urine frequently
- A change of behaviour
- Vomiting
- Abdominal pain

Care of pupils in a hyperglycaemic episode

- Do not restrict fluid intake or access to the toilet
- Contact the Medical Centre and/or parents if concerned.

In both episodes, staff and Medical Centre should liaise about contacting parents/guardians.

Annex G: Cleaning up body fluids from floor surfaces

Avoid direct contact with body fluids, as they all have the potential to spread germs. Germs in vomit and faeces may become airborne, so it is very important to clean up body fluids quickly.

1. Put on gloves and a disposable apron. Disposable latex or vinyl gloves are the best choice. However, reusable rubber gloves are acceptable as long as they are cleaned and sanitized after each use.
2. Sprinkle 'sanitaire' absorbing powder liberally on all visible material. Allow approximately 90 seconds for the powder to absorb all visible material. Be careful not to agitate the material, so that germ particles do not become airborne.
3. Remove all visible material from the most soiled areas, using paper towel or single use disposable red cloths.
4. Put all used paper towel and cloths into a yellow bag for incineration.
5. The remaining visible material should then be vacuumed using a designated vacuum cleaner. The vacuum cleaner bag **MUST** be changed after use.
6. Non- carpeted areas: Sanitize the area using 1:10 bleach solution (instructions follow). Because of the level of contamination the bleach solution is much stronger than the 1:1000 solution used for regular sanitizing. The bleach must contact the affected area for a minimum of 10 minutes. A red mop and bucket are designated for this use.
7. Carpeted areas: The area should be cleaned with detergent 1:10 solution, rather than bleach solution and should contact the affected area for at least ten minutes. The area should then be shampooed or steam cleaned within 24 hours.
8. Wash the non-disposable cleaning equipment (mops, buckets) thoroughly with soap and water, then rinse with a bleach solution.
9. Discard gloves, disposable apron into yellow bag for incineration. Finally wash your hands thoroughly using soap and water.

Dilution instructions for bleach/detergent sanitizer

1:10 solution

2tbsp (30ml) bleach in 1 cup (250ml) water

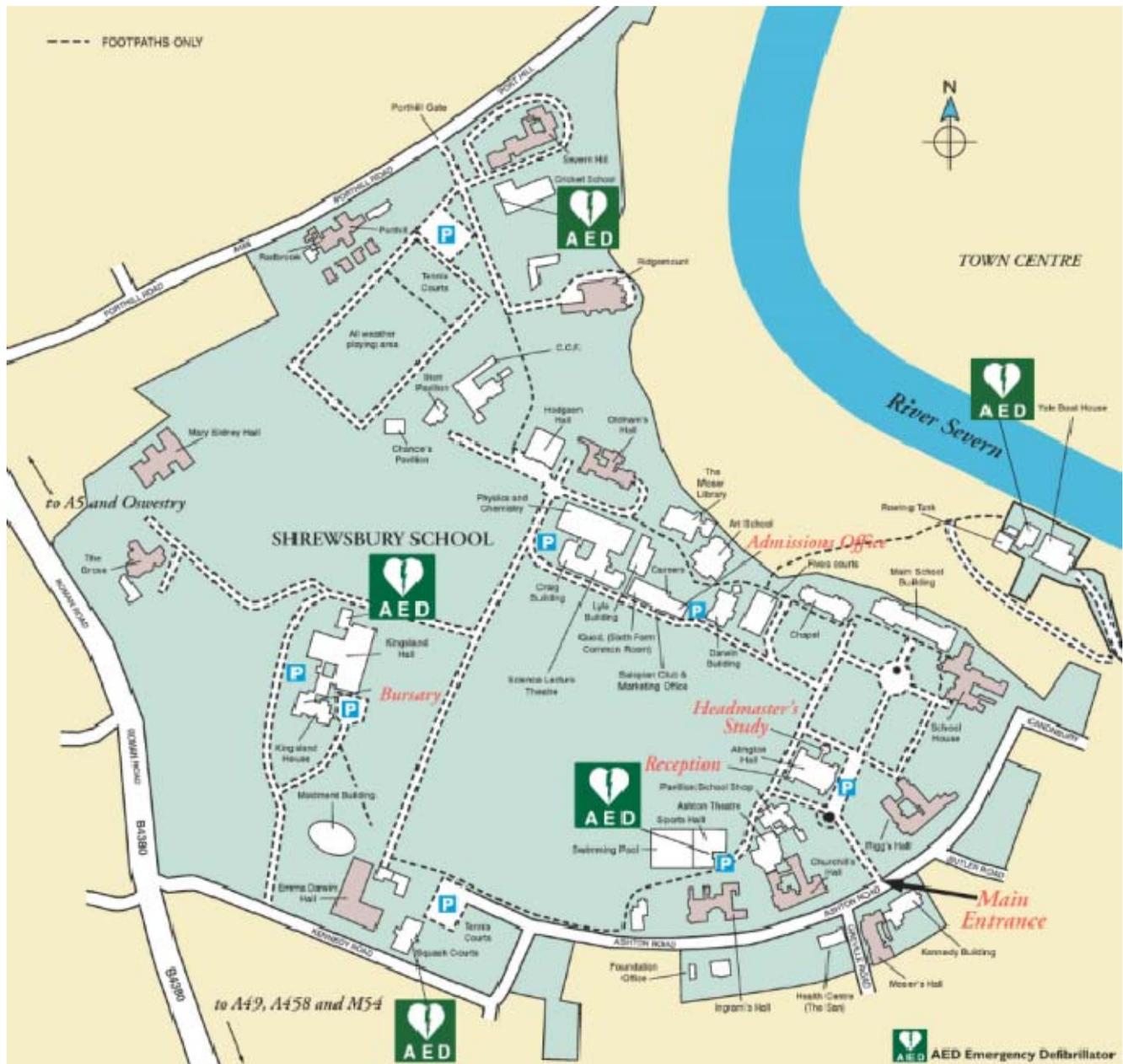
OR

2cups (500ml) bleach in 1 gallon (4L) water

Reference; Centre for Disease control and Prevention. DOH 2006

Annex H: Automatic Electronic Defibrillators (AED)

To enhance its first aid provision, the school has five AEDs, situated strategically around the school site, in viable and accessible locations, with appropriate signage.



Training is provided to an adequate number of staff covering the school's operations (including knowledge of the chain of survival). All staff are encouraged to use an AED in the event of a cardiac arrest. User guidelines are located by each AED. Each AED is fully automatic, utilising voice commands to minimise user error.

THE CHAIN OF SURVIVAL



AEDs are checked on a weekly basis ensuring they display the rescue ready symbol.

Paediatric pads (under age 8 or 25kg) are available in the AED located at the sports centre / swimming pool due to the age range using the facility.

Each AED bag contains gloves, safety razor, pocket mask, paper towel and are stored alongside a first aid kit.

Following use, the AED will be collected by the Emergency services and the Health and Safety Committee should be informed.