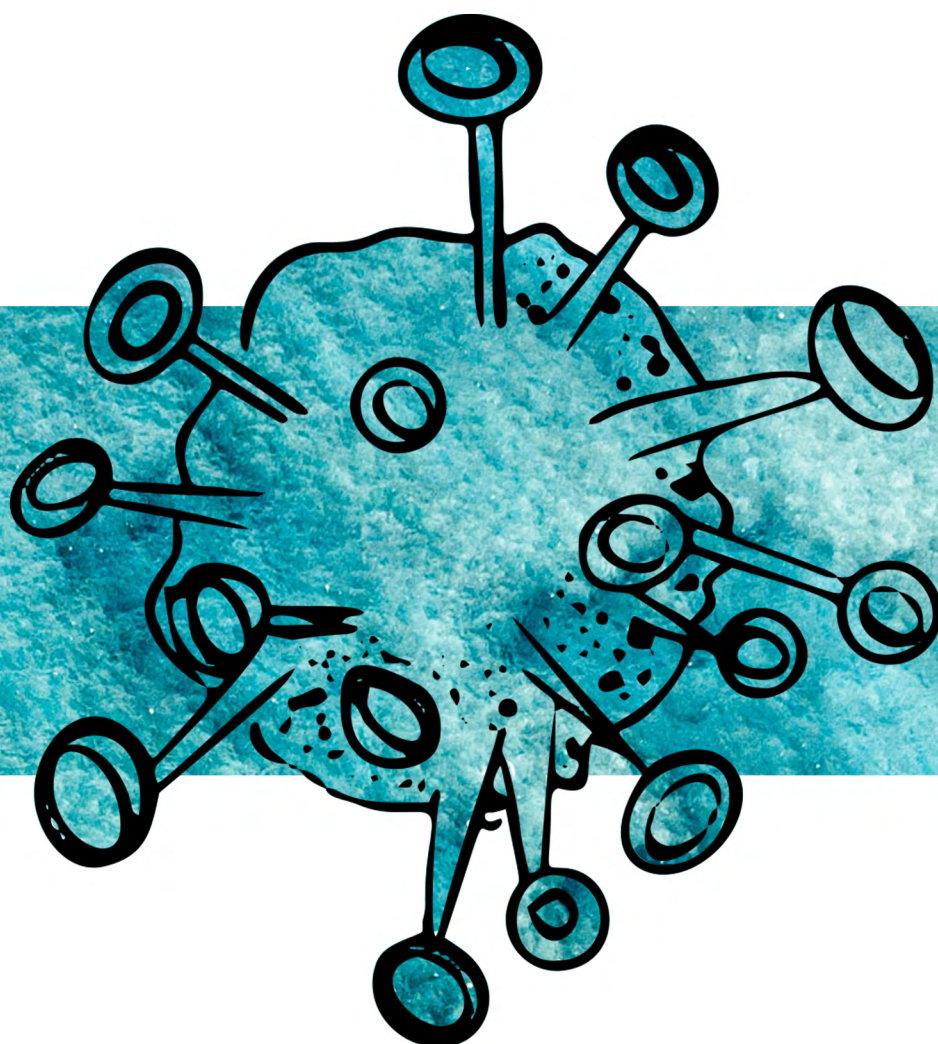


Recommendations

to act against COVID-19 in activities
related to lifeguarding





00 Index

01 Introduction	page 04
02 Objectives	page 05
03 Contents	page 06
04 General considerations	page 07
05 Lifeguard actions and safety measures in first aid application	page 09
06 Lifeguard actions and general safety measures against COVID-19 in development of surveillance, prevention or intervention tasks	page 11
07 Lifeguard actions and specific safety measures against COVID-19 in development of surveillance, prevention or intervention tasks in aquatic facilities	page 13

08 Lifeguard actions and specific safety measures against COVID-19 in development of surveillance, prevention or intervention tasks in natural aquatic spaces	page 14
09 Recommendations during sport training sessions to technical staff and athletes	page 15
10 Recommendations for lifesaving open water championship organization	page 17
11 Conclusions	page 19
12 Bibliography	page 20
Anex 1	page 22
Anex 2	page 23

01

Introduction

According to the document Mission, Vision and Values, the Royal Spanish Lifesaving Federation encourages the development and practice of this sport modality and manages the organization of national competitions and the representation of Spain in those of an international nature; represents Spain exclusively in the supranational federations of its scope of action; fosters technification and high performance in their sport; looks after the protection of the health of people who practice their sport, fair play and the ethical dimension of competition; encourages training related to first aid, lifesaving and rescue; promotes the culture of accident prevention in aquatic environment and the preservation of life in risky situations through the culture of lifesaving; and promotes the training of people in the field of lifesaving.

The use of aquatic spaces, as a place of enjoyment and leisure activities during summer season, causes millions of people move to coastal areas or inland aquatic areas each year to spend their holidays. In the same way, the use of aquatic facilities is increased by society.

COVID-19 is a highly contagious respiratory disease, which currently affects our country, which makes it necessary to develop protection protocols for both, lifeguards who carry out their professional or sports activities in these areas and for people who intend to enjoy thereof.

This document has been developed to establish recommendations to act against COVID-19 in activities related to lifesaving and first aid, both in the professional field (first aid and aquatic environment action) and in sports (dry and aquatic activities).

The goal is to preserve the health of people involved, minimizing risks of transmission of COVID-19 and provide a safe and healthy environment for professional lifeguarding activity and for lifesaving sport practice.

This document has been developed following recommendations of experts from health, prevention and aquatic safety fields, as well as the criteria established by the competent authorities in these matters.

02 Objectives

The objectives that Royal Spanish Lifesaving Federation aims with this technical document are the following:

- Protect the health of lifeguards and people who come to aquatic areas.
- Offer COVID-19 prevention guarantees to lifeguards in first aid application and in their interventions.
- Establish prevention measures against COVID-19 for lifeguards to guarantee their safety in aquatic interventions.
- Determine protection measures for the use of lifeguard equipment, both in aquatic facilities and in natural aquatic spaces against COVID-19.
- Practice lifeguarding activities in natural aquatic spaces with hygiene and safety conditions against COVID-19.
- Avoid risks against COVID-19 in organization and development of lifesaving championship in open water by recommending basic preventive measures.

03 Contents

This technical report aims to answer and provide the necessary coverage for questions made by the lifeguards and entities responsible to manage aquatic facilities and safety of natural aquatic spaces, related to recommendations to preserve both the health of users of these spaces as well as the professional people who ensure the safety of those who access them.

Because of this, the Royal Spanish Lifesaving Federation has developed the following content:

- Safety protocol for lifeguard interventions.
 - Lifeguard actions recommendations and safety measures in first aid application.
 - Recommendations and safety measures in surveillance and prevention role.
 - Lifeguarding activities recommendations and safety measures intervention in case of injured person in aquatic spaces (aquatic facilities and natural aquatic spaces).
-
- Lifesaving sport:
 - Basic safety measures against COVID-19 in open water sports practice.
 - Recommendations and basic safety measures against COVID-19 in organization of open water championship.

04 General considerations

COVID-19 is the respiratory disease caused by the SARS-CoV-2 virus, which is known as coronavirus. This virus is transmitted through the secretions of infected people, mainly by direct contact with respiratory drops of more than 5 microns (capable of being transmitted over distances of up to 2 meters), or through the hands or any other surface that may be contaminated with these secretions followed by contact with the mouth, nose or eyes mucosa.

In sports physical activities, respiratory volume significantly increases, not only during the exercise time, but for a certain time after finish, related to the oxygen debt because of the effort made.

For this reason, we should take this situation into account, trying, as far as possible, increase personal distance indicated by health authorities for normal conditions and following specifications made for physical exercise.

Aquatic spaces are the preferred environment to enjoy the leisure time for millions of people in our country, and after the confinement suffered and before the

arrival of summer, they become desirable spaces to reach the New Normality that so many yearn for, getting back healthy practices of sport, leisure and free time. In this sense, different reports have been issued related to action protocols in the face of the pandemic produced by COVID-19 in these and other environments.

The report of the Superior Centre for Scientific Research (CSIC) on transmission of COVID-19 in beaches, swimming pools and freshwater bathing environments, dated May 8, suggests that its spread in aquatic environments is unlikely, especially in those with disinfecting agents such as sodium hypochlorite, sodium chloride (salt) or others. This report warns that freshwater bath environments not treated with disinfectants may be more conducive to the spread of the virus, being less safe environments for use. It also adds that the activities in beaches and swimming pools treated with disinfectants are safe, having a low risk of contagion due to their recreational or sports use and referencing the possibility of contagion because of the interpersonal relationship.

According to the latest reports on the low autoimmunity of the Spanish population and until the appearance of a vaccine, social behaviours in all areas will force us to establish basic measures of social behaviour to avoid COVID-19 infection and thus keep under control the pandemic evolution. We will list what has been collected to date about these general recommendations:

- Whenever possible, try to carry out any action individually.
- Whenever possible, wear the mask correctly.
- Prioritize hand hygiene actions through frequent use of disinfectant products.
- Use the necessary prevention material, personal protective equipment, clothing or accessories of an individual and non-transferable nature, avoiding as much as possible share any element of this type.
- Pay special attention to disinfection of the shared use material, insisting on finding strategies so that it is the least possible.

Carrying out individual activity is the safest way for aquatic environments by accessing the bathing areas without stopping, before or after, in the areas adjacent to these spaces and, whenever possible, maintaining an interpersonal distance of 2 meters, even into water in order to avoid contagion.

The enjoyment and leisure in aquatic areas is not only linked to the environment, but

involves activities of different scope in the surrounding land areas, places where the possibilities of contagion grow exponentially and where the COVID-19 transmission control measures must be extreme. This report shows the lifeguards as a professional expert in safety and prevention in these areas who can contribute in keeping these measures.

05

Lifeguard actions and safety measures in first aid application

- No one outside the active duty of the working day may be present within the limits of the first aid station.
- Relationship between professionals must be carried out keeping safety distance. If due to service needs, the safety distance must be broken, professionals should wear a surgical mask.
- All victims are infectious-contagious until proven otherwise, so the lifeguard's greatest weapon is prevention.
- Lifeguards must carry the PPE necessary to carry out any health care that needs to be carried out less than 2 meters away.
- To approach any kind of victim it is mandatory to wear a minimum of a FFP2 mask and eye protection equipment.
- Lifeguard must previously place a surgical mask on the victim, whenever the context allows.
- All communication with victims will be made keeping at least 2 meters away if situation allows it.
- If the mandatory safety distance of 2 meters must be broken, in first time only one of the lifeguards will break it.
- Lifeguard, before any direct contact with a victim, must use protective gloves regardless of whether or not there are bodily fluids.
- Avoid contaminating the first aid station if it is not strictly necessary to treat the victim. After caring for a victim at the first aid station, both the space and the materials with which it has been treated must be completely disinfected.
- No material should be exchanged between lifeguards, whether personal or work. If strictly necessary, before exchanging any equipment between lifeguard, it must be previously disinfected to avoid the transmission risks.
- In case of victims with cardiac arrest, only chest compressions are performed. Under no circumstances will mouth-to-mouth ventilation be performed. If medical personnel trained in the handling of the resuscitation balloon are present, it will be able to make use of it with the appropriate personal protection measures. Manoeuvres that generate aerosols will always be avoided.
- After defibrillator use, a disinfection will be carried out just like any other

sanitary material, taking special care in not to damage it since it is an electronic device. Replacement of the defibrillation patches will be performed after the end of the intervention.

- In case of victims with cardiac arrest, if oxygen therapy material is available, a mask with a reservoir at 15 bpm and, on this, a surgical mask will be placed on victim.
- The entry of family or other companions into the first aid station is strictly forbidden, unless the victim is a minor.
- When lifeguard is treating a victim, a minimum social safety distance of 4 meters must be required for all users around.
- At the end of each working day, all working equipment and first aid station must be cleaned and disinfected with hydroalcoholic products or with scientifically tested disinfection

materials in order to the relief can work with a guarantee of safety.

- It is recommended, whenever possible, handle the assistance equipment with single-use gloves to reduce transmission risks, thoroughly cleaning and disinfecting all material used and discarding the gloves once said handling has been completed.
- Lifeguards must wash their hands periodically during working day, with special emphasis after contact with victims or in possible infection risk situation.
- It is recommended to have individual duly disinfected spaces, to store clothing, food and personal belongings, avoiding exchanges of this at all time.

06

Lifeguard actions and general safety measures against COVID-19 in development of surveillance, prevention or intervention tasks

In case of lifeguards have to carry out other health prevention tasks against COVID-19, such as taking the temperature of people who access to aquatic spaces, randomly or permanently, service must increase the number of professionals enough to carry out this work. It can never be a detriment to being able to guarantee prevention, surveillance and safety measures in bathing area.

As personal protective equipment, lifeguard must have at least the following materials:

- Disposable gloves.
- Individual protection mask.
- Hydrogel bottle for regular hand cleaning.
- Sunscreen.
- Whistle.
- Eye protection elements.

•During surveillance shift, lifeguards must wear the mask, use of gloves is not recommended. In case of having to carry out an action that requires a medium/high

level of physical activity, lifeguard get rid of mask, making sure that it is not leaved in any inappropriate place.

•The active surveillance shift should be short in order to avoid, as far as possible, that lifeguard suffer from thermal stress due to the protective equipment and the high temperatures, heat and humidity with which they carry out his work. They should be properly hydrated and replaced, being placed in a shade, cool and well-ventilated place to develop a passive surveillance.

•It is necessary to keep the highest hands hygiene, as well as having the appropriate precaution putting on and removing the protective mask, as indicated in Annex 1.

•In situations in which lifeguard must communicate with the users and/or with colleagues during service, they always must keep the relevant safety distance. In open spaces, whenever possible, participants in conversation should be placed lateral to the wind direction.

- In situations where, due to need to enter into the water, lifeguard must get rid of mask, in addition to the aforementioned indications, they must take into account the following:

If victim is conscious, they will approach keeping the relevant safety distance and, if possible, laterally to the wind direction.

- It is a priority to have auxiliary personal intervention equipment for any rescue, regardless of the distance, situation, position or victim condition. This will allow lifeguard stay away from the victim while provide the auxiliary material. If this is not possible, direct contact with the victim will be used as the last resource.
- In an extreme situation, in which equipment is not available, attempts will be made to establish communication with the victim from a position that prevents any of the participants (lifeguard and victim) from being exposed to the exhalations of the other, using an appropriate towing method for it.

If victim is unconscious, lifeguard will ensure, at all times, that their breathing and exhalation are not exposed to the victim's ventilation area and vice versa.

- Both auxiliary and rescue equipment that is likely to be used by lifeguard during service (fins, rescue tube, torpedo buoy, etc.) must be thoroughly cleaned and disinfected. In case it has to exchange with another colleague, it should be handled with maximum asepsis.

- Particular attention should be paid on the care, use and cleaning of the whistle during and after service. Cleaning the whistle with hydrogels is not recommended, since they can generate irritations of the skin and/or mucosa, so its cleaning should be done

with soap and rinsed with plenty of water. Regarding the location of whistle, during service, it is recommended to wear it around the neck and protect it under the uniform shirt, avoiding placing it on the wrist where it is exposed to friction or contact with multiple surfaces.

- The main task of lifeguard is prevention, surveillance and intervention in case of emergency or urgent need.

07

Lifeguard actions and specific safety measures against COVID-19 in development of surveillance, prevention or intervention tasks in aquatic facilities

- The main job of lifeguard is to establish prevention and surveillance measures in the bathing area in order to guarantee the safety of users against accidents and drowning. Any other activity related to prevention of COVID-19 infections, such as counting people who are in green areas, in the water or in any other area in order to avoid exceeding the established capacity, taking temperature or evaluating symptoms that indicate infections to people who access the aquatic facility, randomly or permanently, etc., should never be a detriment to being able to guarantee prevention, surveillance and safety into the water, being carried out through the increase number of safety worker, providing with a greater number of lifeguards.

- Lifeguards will provide their prevention and surveillance service with a mask. The service must have enough personnel so that, in case of an aquatic intervention, one of the lifeguards remove the mask and a partner provides assistance from the ground. Lifeguard only will remove the mask when it is necessary to enter into the water to perform a rescue.

- Task related with control of hygienic-sanitary measurements (chlorine pH levels, turbidity, etc.), will be linked to the provisions of the regional regulations, keeping, in any case, the recommended levels for the measures for the prevention of COVID-19 infections published by the Ministry of Health.

- It is recommended to forbid the use of inflatable materials, such as mats, balls, play materials, etc., in any facility, whether public or private, in order to avoid the risk of contagion through its surfaces. In the event that children or minors require the use of flotation materials (sleeves, noodles, bubbles, floats, etc.), they will be under the strict and permanent supervision of father, mother or guardian being its responsibility to ensure its safety in aquatic and ground environment. Due to the risk of contagion of these materials through their surfaces, the exchange and contact between users will be avoided, always maintaining the established social distance in water.

08

Lifeguard actions and specific safety measures against COVID-19 in development of surveillance, prevention or intervention tasks in natural aquatic spaces

- The main job of lifeguard is to establish prevention and surveillance measures in the bathing area in order to guarantee the safety of users against accidents and drowning. Any other activity related to prevention of COVID-19 infections, such as controlling social distancing, taking the temperature, etc. should never be a detriment of being able to guarantee the measures of prevention, vigilance and safety measures in the aquatic space, being carried out through the increase number of safety worker, providing with a greater number of lifeguards.

- Lifeguards will provide their prevention and surveillance service with a mask. The service must have enough personnel so that, in case of an aquatic intervention, one of the lifeguards remove the mask and a partner provides assistance from the shore. Lifeguard only will remove the mask when it is necessary to enter into the water to perform a rescue.

- All professionals who have to enter into the water to carry out a rescue will remove the mask, making sure that it is not deposited in any inappropriate place, leaving their colleagues waiting to help from shore, equipped, as appropriate, with mask, gloves and eye protection against the imminent contact with the victim.

- All communication equipment (walkies, microphones, mobiles, etc) must be

protected with transparent film (disposable for each use) and ensure for proper functioning before service. In the case of using waterproof covers for these kind of devices, same procedure would be followed, paying special attention when removing and transferring the device to another cover.

- When it is necessary that one or more lifeguards share a limited spaces (jet skis, boats, etc.), and the established safety distance cannot be maintained, the utmost care shall be taken with the handling of common spaces and surfaces, as well as , avoid face-to-face communication whenever possible.

- Vehicles used during service must be thoroughly disinfected at least twice during the day and periodically on the most used surfaces (rudder, handlebars, etc.).

- In the case of requiring the use of carabiners, ropes or similar, these equipment must be replaced by others immediately, in order to not delay possible subsequent interventions by disinfecting them before they are put back into service.

- The use of personal protection equipment during service, such as helmets, protective gloves, wetsuits, diving goggles, tuba, regulators or similar, must be for personal use and not interchangeable with other colleagues.

09

Recommendations during sport training sessions to technical staff and athletes

- Always follow the authorities recommendations on sport preventive measures in facilities and aquatic spaces against coronavirus infections.
- Take into account the individual situations of inactivity or low activity not usual in athletes, produced by the confinement time when planning training sessions, highlighting the importance of an exhaustive warm-up and a progressive increase of the sessions intensity.
- Take into account that during physical exercise, respiratory volume increases, being able to generate more contagion possibilities both due to the exposure of a greater viral load in the respiration of other users, and due to the increased risk of personal infection, according to the Medical Spanish Society of Sports indications.
- Stay as short as possible in training facilities access, reception or transit areas, using the mask as long as possible and remaining in training areas for the time strictly necessary for session development.
- Pay special attention to disposable masks that must be removed before the exercise and placed in containers provided for this purpose. The reusable masks will be kept with the rest of the belongings. Once the training is finished, the use of the mask is recommended. In outdoor areas, although its use is not mandatory, its use is recommended, being mandatory whenever it is not possible to respect the allowed social distance.
- Go to training area wearing the sportswear to be used, avoiding sharing common spaces for changing clothes.
- Take extreme precautions if clothing needs to be changed due to training requirements, taking place in less crowded areas and always keeping personal distance, putting change clothes and belongings in our sports bag.
- Avoid showering at the end of training in the sport facility. Do it at home.
- Respect established one-way itineraries, avoiding frontal intersection with other users, whenever possible.

- Maintain continuous hand disinfection, avoiding contact with the respiratory tract and/or eyes and avoiding touching any surface in sport facility or aquatic area, such as railings, handrails, door handles, etc.
- Promote individual trainings, keeping social distance established for the aquatic areas. If group sessions were necessary, special attention will be paid to personal distancing between athletes, taking into account the preventive measures established by the competent health authorities about team and group training with technical staff management.
- Keep, by the technical staff responsible for training, with the established recommendations for individual protection, paying special

attention to the permanent use of the mask and eye protection elements.

- Use personal training equipment, avoiding sharing and or storing it together, being necessary to disinfect it before and after each training session. If it is necessary to store it in some common area, as in the case, for example, of boards, and skis, etc., the separation and disinfection of the same shall be guaranteed before each use.
- Exchange information through digital media, avoiding the use of physical support such as paper, cardboard, folders, etc.
- Whenever possible, carry out training sessions in natural aquatic areas at times with lower influx of users.

10

Recommendations for lifesaving open water championship organization

- Always respect the recommendations of the authorities on preventive measures for holding events in outdoor spaces.
- Always respect the recommendations of the authorities on preventive measures in sport events on the date of their execution.
- Avoid events with prolonged physical contact or confronted situations of the participants during the event.
- Collaborate with the organization in the measures to be taken on suspicious COVID-19 infections.
- Consider the attendance to the championship of all those athletes who have not made a minimum preparation to face the events to be carried out.
- Limit the competition area as much as possible, establishing rigorous access control, with a one-way entry and exit area in each case.
- Set up temporary mobile structures, such as tents for teams and organization, with a minimum distance and in accordance with the regulations and recommendations established by the competent entity.
- Have a tent to isolate participants who may present any symptoms of COVID-19, before their transfer.
- Have the necessary medical staff and evacuation vehicles according to protocols established for this purpose for events organization and for prevention of COVID-19 transmission.
- Conduct championship without an audience.
- Limit the capacity of the competition area according to what is established in the regulations determined by the competent authority.
- Accommodate participants in tents for a maximum of 10 people, keeping a minimum distance of three meters between each tent.
- Recommend the permanence of the participants, with a protective mask, in the tents, before and after carrying out the events in which they are registered in the championship.
- Limit the presence of team members at starting, arrivals or tour areas during the event.
- Pay special attention to disposable masks, which must be removed before carrying out each event, being deposited in containers provided for this purpose.

- Wear swimming goggles or similar in all water events, which will be kept on until arrival at the team tent.
- Take extreme precautions when changing clothes, taking place in less crowded areas and always keeping social distance, always placing change clothes and belongings in the sports bag, not leaving it hanging in the common areas.
- Forbid showering on the beach, it must be done in their accommodation at the end of the event.
- Forbid wash equipment in showers, it must be done outside of the natural aquatic space.
- Whenever possible, respect and follow the established itineraries within the competition area, avoiding crossing head-on with other attendees.
- Maintain continuous hand disinfection, avoiding contact with the respiratory tract and/or eyes and avoiding touching any surface in aquatic area, such as railings, handrails, door handles, etc.
- Carry out the warm-up as individualized as possible, following the same indications as for the development of the events, respecting the established social distance.
- Recommend the use of personal competition equipment, being necessary to disinfect it before and after each use.
- Exchange information through digital media, avoiding the use of physical support such as paper, cardboard, folders, etc.
- Access to the marshalling area without additional clothing to the one that will be used in the event, leaving no personal objects in the competition area or requesting their care from another person.
- Conveniently disinfect hands at the beginning of the event.
- Keep a minimum social distance of 2 meters in the starting area.
- Make heats, rounds and finals according to the maximum number of people that can be grouped to carry out sports activities, with a maximum of eight participants per series being recommended.
- Hold the essential technical or referee meetings outdoors, respecting, all times, social distancing and recommended protection measures.
- Follow, by the organization staff, the established recommendations for individual protection, paying special attention to the permanent use of a mask, eye protection elements and constant hand disinfection.
- Avoid medal ceremonies.

11

Conclusions

1 Carrying out individual activities is the safest in aquatic environments to avoid contagion, accessing to the bathing areas without stopping, before or after, in the areas adjacent to these spaces and maintaining, whenever possible, a minimum interpersonal distance of 2 meters, even in the aquatic environment to avoid contagion by secretions.

2

In freshwater environments where there is no disinfection treatment, or during sports or leisure activities that increase respiratory volume or in meteorological conditions that increase the dispersion of secretions, it is recommended to increase the minimum distance of 2 meters established .

3

It is necessary that all the entities responsible for the safety in aquatic spaces (aquatic facilities and natural aquatic spaces), during the summer period, provide lifesaving service with human and material resources, both for the provision, with all the guarantees, of the services necessary as for the individual protection of the lifeguards who carry them out.

4

In order to preserve the safety of lifeguards and other users of aquatic areas, it is necessary that all people respect the established rules and always follow the instructions of the safety staff, especially in relation to social distancing in and out of the water.

12 Bibliography

Ministry of Health. [Recommendations for opening of activity in swimming pools after COVID-19 crisis.](#) Updated May 14, 2020

General Council of Medical Official Colleges (CGM). Spanish Society of Sports Medicine. (SEMED). [Guide for reincorporation into sport practice in competitive sport.](#) Version May 1, 2020

Spanish Professionals Swimming Pool Association. [Protocol for aquatic public facilities in an upcoming opening context due to COVID- 19.](#) April 27, 2020

National Federation of Sports Facilities Entrepreneurs. [Proposals of hygienic-sanitary measures and social distancing to guarantee safety of workers and users in reopening and functioning of sports centers and gyms during COVID-19](#) April 24, 2020

Ministry of Health. [Recommendations on the use of masks in general population in the context of COVID-19.](#) April 20, 2020

Ministry of Health. [Technical document. Hygienic measures for prevention of COVID-19 infections.](#) April 6, 2020

Ministry of Health. [Good practices in workplaces and measures for prevention of COVID-19 infections.](#) April 11, 2020

Ministry of Health. [Technical document. Hygienic measures for prevention of COVID-19 infection.](#) April 6, 2020

Ministry of Health. [Hygienic measures for prevention of COVID 19 infection.](#) April 6, 2020

Ministry of Health. General Direction of Public Health, Quality and Innovation. [Virucidal products authorized in Spain.](#) April 6, 2020

[Basic protocol of action for return to training and restart federated and professional competitions](#) May 5, 2020

[Notification form of compliance with basic measures related to basic protocol for return to training and restart federated and professional competitions](#)

International Liaison Committee on Resuscitation (ILCOR). Compilation of documents referring to science consensus on recommendations against COVID-19:

[COVID-19 infection risk to rescuers from patients in cardiac arrest](#) March 30, 2020

[Emergency Care: Dispatcher instruction in CPR \(BLS\): Systematic Review](#) November 29, 2018

[Advanced Airway Management During Adult Cardiac Arrest \(ALS\): Systematic Review](#) March 21, 2019

[Tracheal suctioning of meconium at birth for non-vigorous infants: a systematic review and meta-analysis \(NLS #865\): Systematic Review](#) October 17, 2019

[Vasopressors in Adult Cardiac Arrest \(ALS\): Systematic Review](#) March 21, 2019

[Initial Oxygen Concentration for Preterm Neonatal Resuscitation: \(NLS 864\) Systematic Review](#) January 15, 2019

[Extracorporeal Cardiopulmonary Resuscitation \(ECPR\) for Cardiac Arrest –](#)

[Adults \(ALS\): Systematic Review](#) November 29, 2018

[Advanced Airway Interventions in Pediatric Cardiac Arrest \(PLS\): Systematic Review](#) February 08, 2019

[Removal of foreign body airway obstruction \(BLS\): Systematic Review](#) January 01, 2020

[First responder engaged by technology \(EIT #878\): Systematic Review](#) January 09, 2020

García Sanz A, García Sanz J.L. y Díez Herrero J.M. (2015) [Rescue techniques and spinal cord injury in aquatic environment. Royal Spanish Lifesaving Federation. Edit DAE](#)

García Sanz A, Herrero Simón R. and Barreiro Hermoso A. (2017): First Aid. Edit: Royal Spanish Lifesaving Federation.

WHO. [How to wear a medical mask safely](#)

PAHO. [Infographic - Clean your hands](#)

Placing and removing protective masks

HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

Do's →

- Wash your hands before touching the mask
- Inspect the mask for tears or holes
- Find the top side, where the metal piece or stiff edge is
- Ensure the colored-side faces outwards
- Place the metal piece or stiff edge over your nose
- Cover your mouth, nose, and chin
- Adjust the mask to your face without leaving gaps on the sides
- Avoid touching the mask
- Remove the mask from behind the ears or head
- Keep the mask away from you and surfaces while removing it
- Discard the mask immediately after use preferably into a closed bin
- Wash your hands after discarding the mask

Don'ts →

- Do not Use a ripped or damp mask
- Do not wear the mask only over mouth or nose
- Do not wear a loose mask
- Do not touch the front of the mask
- Do not remove the mask to talk to someone or do other things that would require touching the mask
- Do not leave your used mask within the reach of others
- Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

EPI•WIN

World Health Organization

Hand cleaning



PAHO



BE AWARE. PREPARE. ACT.
www.paho.org/coronavirus