

**Date:** 20 April 2020

**To:** Emergency Call Out Squad (ECOS) Coordinators  
Emergency Call Out Squad (ECOS) Members

**From:** Allan Mundy - National Lifesaving Manager

**Subject:** COVID-19 Memo #8 PPE Cleaning and Wash-down Procedures

### When to wear Personal Protection Equipment (PPE)

To update you on the latest guidance on when to use the different levels of PPE, St Johns have recently filmed a video updating their staff on PPE use, in various scenarios, which may provide a useful adjunct to the information below. In the video, the Director refers to an N95 mask to be used in all probable/confirmed cases of COVID-19, for SLSNZ the equipment is the P95 respirator mask instead of the N95 mentioned in the video.

**Caution In the event of total water immersion** be prepared to rip the P95 respirator mask off. This can be achieved by pulling the mask away from the face and downwards towards the chest.

You can download this video here: <https://www.dropbox.com/s/tudosylk6hvpr67/COVID-19%20PPE%20Update%20-%208%20April%202020.mp4?dl=0>

Please also read SLSNZ COVID-19 [Memos # 4, #5 #6 and #7](#).

### ECOS Members 'COVID-19 Responder Bag'

Your ECOS Coordinator would have recently received a 'COVID-19 Responder kit', this will contain two sets of gear, these should be set up on an IRB in two black plastic bags ready for use in the case of a COVID-19 suspected patient contact. The ECOS members 'COVID 19 Responder Bags' can be carried in the IRB/RWC or ATV and PPE accessed when required, i.e. there is no requirement to don the PPE equipment for the initial stages of a missing persons at sea search. There should be enough PPE for one IRB Operator and one IRB Crewperson.

Contents in each bag should contain:

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1 White Disposable Coverall | 1 pair of protective glasses     |
| 1 P95 Respirator mask       | 4 surgical masks (for a patient) |
| 1 pair nitrile gloves       |                                  |



Please note that lifejackets are worn on top of the Coverall.

## Equipment Sterilisation and post-use Wash-down Procedures

Making the Cleaning Solution: Cleaning and sterilisation can be done with a household floor detergent or by premixing a solution of hypo chloride/bleach and water. Add 50mls (10 teaspoons) of Janola™ bleach to 1 Litre of water and put into a household garden sprayer. The garden sprayer will work well for the distribution of the cleaning solution over the equipment. Glasses and masks can be soaked in the solution. Caution this solution contains bleach and may discolour any clothing, IRB material will not be discoloured by the bleach concentration.

### P95 Respirator Mask

- Reuse: P-series filters should be used and reused subject to considerations of hygiene, damage, and increased breathing resistance if oil aerosols such as gas vapour were present. *The National Institute for Occupational Safety and Health (NIOSH)1987.*
- Cleaning is recommended after each use. Cleaning Wipes may be used as an interim method in the cleaning schedule for individually assigned respirators, but this should not be the only method in place. During fit testing, these wipes may also be used to clean masks between lifeguards testing the masks However, respirators must be thoroughly cleaned at the end of each day, using these procedures: <https://youtu.be/Jp1XQ-7gtWc>
  1. Remove cartridges and filters.
  2. Clean facepiece (excluding filters) by immersing in warm cleaning solution, the water temperature should not exceed 50° C and scrub with a soft brush until clean. Add neutral detergent if necessary. Do not use cleaners containing lanolin or other oils.
  3. Disinfect the facepiece by soaking in a solution of quaternary ammonia disinfectant or dilute sodium hypochlorite (30 mL household bleach in 7.5 L of water), or another suitable disinfectant.
  4. Rinse in fresh, warm water and air dry in a clean non-contaminated area.
  5. Inspect the respirator components before reassembly. A respirator with any damaged or deteriorated components must be repaired or discarded.
  6. Store the clean respirator away from contaminated areas when not in use.

### N95 Masks (not part of the kit but some squads have obtained their own stocks)

- Reuse: Only reuse the N95 Mask if the same person has used it. Never reuse an N95 Mask from another person. N95 masks must not be used for more than a total of 8 hours of continual use.
- Cleaning: Note that based on manufacturer recommendations, N95 masks are designed for one-time use. 3M, a prominent producer of N95 masks, performed internal testing of various sterilizing strategies and does not endorse any of them
- Disposal: Place the mask in a plastic bag, spray a good amount of disinfectant solution into the bag and dispose of the bag into the rubbish.

### Nitrile Disposable Gloves

- Reuse: Nitrile gloves are disposable and should not be reused.
- Cleaning: Nitrile gloves are disposable and should not be cleaned.
- Disposal: Place the gloves in a plastic bag, spray a good amount of disinfectant solution into the bag and dispose of the bag into the rubbish.

### Safety Glasses

- Cleaning: These can along with the scuba goggles be cleaned in soapy water, then rinsed in a disinfectant dip (10 teaspoons bleach in 1 litre of water) and dried ready for reuse.

### White Disposable Coverall

- Reuse: White Disposable Coverall are disposable and should not be reused.

- Cleaning: White Disposable Coveralls are disposable and should not be cleaned.
- Disposal: Place the White Disposable Coverall in a plastic bag, spray a good amount of disinfectant solution into the bag and dispose of the bag into the rubbish.

### Post-Incident Wash-down Procedures (equipment and PPE)

1. Wear disposable gloves and coveralls. Eye protection and respirators are optional.



2. Remove Respirator and Safety Glasses if not using as part of the wash-down, place aside for washing after IRB/RWC/ATV.
3. For hard surfaces such as in ATV's, RWC's, and IRB's use a cleaning solution of **10 tsp bleach in one-litre water** in a spray bottle or garden sprayer.
4. Using a spray bottle, spray the equipment lightly, do not have equipment dripping wet. Allow the equipment to air dry outdoor if possible.



5. All disposable PPE must be disposed of in either a yellow decontamination bag or a black plastic rubbish bag for disposal.

a. remove coveralls



b. place in bag



c. remove 1<sup>st</sup> glove



d. remove 2<sup>nd</sup> glove



e. place in bag



f. binning used PPE



6. All clothing and wet suits can be washed using a household clothes washing machine in standard detergent.

a. washing clothing



b. washing powder



7. Radio sets and their waterproof covers need to be wiped down using a disinfectant wipe or cloth with disinfectant before going back on charge.



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