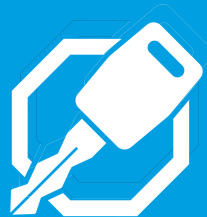
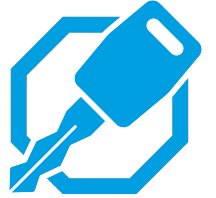


Personal Protective Equipment (PPE)

We'll be starting at **11am** so bear with us
for a few minutes...



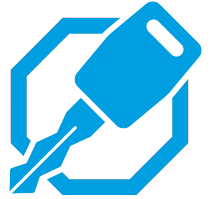
Safe Driver Training Protocols - post lockdown Personal Protective Equipment



Aims of this session

This webinar is designed to provide ADIs with the consideration of what needs to be prepared for the return to work and will cover:

- Preparing to return to training
- The vehicle
- PPE overview

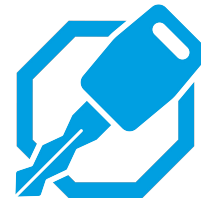


Preparing for work - you

Jobs to do:

The very first thing....

- Health check - Are you fit to work yet?
 - Have you any symptoms of coronavirus such as a cough or a high temperature – find out more here www.nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do
 - Have you been in contact with anyone that is showing symptoms
 - Have you, or anyone you have been in contact with, travelled from a high risk region
- Mental health and well being - do you feel ready to return to work?
- Skills - need any brushing up?

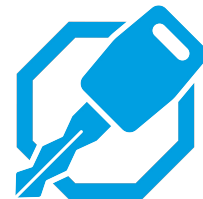


Preparing for work - you

Jobs to do:

The very first thing....

- Health check - Are your pupils fit to return to training?
 - Have they any symptoms of coronavirus such as a cough or a high temperature - find out more here
www.nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do
 - Have they been in contact with anyone that is showing symptoms
 - Have they, or anyone they have been in contact with, travelled from a high risk region
- Mental health and well being - do they feel ready to return to work
- Reassurance, advice, telling them about what precautions you'll be taking



Your vehicle

Is your vehicle ready to be used?

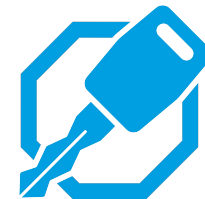
Taking it back out on the road - what do you need to consider?

It has to be incredibly clean at the outset.

The Government has produced 'Guidance on Cleaning in a Non-Healthcare Setting'

[COVID-19: cleaning in non-healthcare settings - GOV.UK](#)

Use gloves and apron when cleaning, and if those are not disposable then wash on the highest setting the materials will allow.

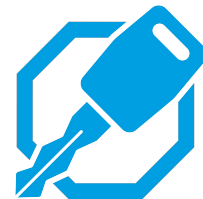


Within 72 Hours - bleach-free disinfectant

Clean with consideration of what you can see!

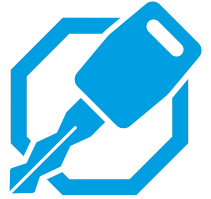
- Driver's seat
 - Steering wheel, including adjuster, horn and infotainment controls
 - Control stalks
 - Ignition and power button
 - Keys
 - Air vents – passenger and central
 - Gear stick
 - Infotainment/radio
 - Heating controls

Within 72 Hours- bleach-free disinfectant

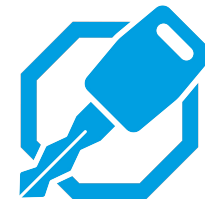


- **All seats**
 - Seatbelts and clips
 - Seat adjust controls
 - Head rests
 - Seat pockets
- **Roof and doors**
 - Door handles and releases
 - Door pocket
 - Window switches
 - Interior lights
 - Grab handles

Within 72 Hours- bleach-free disinfectant



- **Boot**
 - Parcel shelf
 - Boot floor tab
- **Other**
 - Glove box and log-book
 - Central storage
 - Cupholders
 - Bonnet release lever



Vehicle health check - sanitation

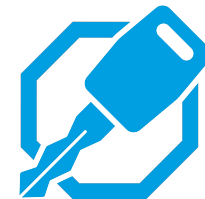
All points of contact include:

- Door handles (inside and out) - grab handles - window controls - door mirror controls
- Seat adjustment controls - seatbelt - buckle and clasp
- Steering wheel - steering wheel adjuster - indicator and wiper stalks - horn
- Gear lever - hand/parking brake and the interior mirror
- Bonnet catch (internal and external)
- Other controls such as sat nav - ventilation - window demister, tachograph

What about the key? You may not be the only driver of this vehicle, and where appropriate, the tacho card

Good video resource here:

<https://www.lookers.co.uk/blog/how-to-keep-your-car-clean-during-the-covid-19-outbreak>



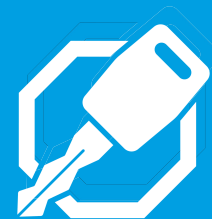
Motorbikes - Sanitation of vehicle and kit

Points of contact include:

- Left grip, clutch lever, switches
- Right grip, front brake, switches
- Head stock, speedometer and dashboard, key
- Fuel cap, tank, saddle, fuel tap, side stand, kick start, foot rests, centre stand, rear brake pedal/lever

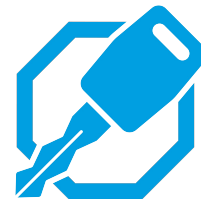
Kit

Kit can be sanitised using reputable products, but should be left 'fallow' for seven days. It is preferred that client supplies their own equipment for training



Personal Protective Equipment

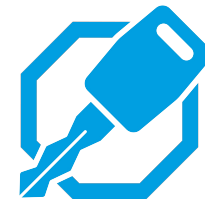
It is essential that the PPE equipment you choose to wear does not impede yours, or the pupil's vision or ability to control the vehicle.



How is Coronavirus transmitted

- Coronavirus is primarily spread by small droplets that are expelled from the nose and mouth when someone that is infected coughs, sneezes or speaks.
- This can then be breathed in by others or picked up from surfaces and transferred from your hand to your eyes, nose or mouth if you touch them.
- COVID-19 doesn't transmit through skin contact on your hand, but rather when bacteria enters your system through mucous membranes on your body or via respiratory droplets in close proximity

Hand sanitiser

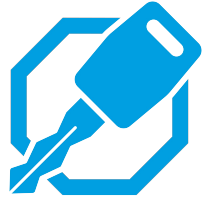


If you are not able to wash your hands with soap and water between lessons you will need hand sanitiser.

How effective is hand sanitiser?

- COVID-19 is an enveloped virus. This means that the viral genetic material is coated in a lipid (fatty) layer. Soap is able to dissolve this lipid layer, causing the virus to fall apart and stopping it from binding to our cells. Alcohol-based hand sanitisers work in a similar way, inactivating the virus by breaking down the lipid layer.
- When used correctly, hand sanitisers that contain the required amount of alcohol can be effective against microbes, quickly reducing the amount present on hands. Hand sanitiser can be effective against the virus responsible for COVID-19
- If hands are greasy or soiled hand sanitiser may not be effective. In these situations, water and soap should be used.

Hand sanitiser



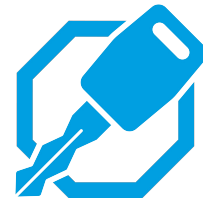
How to use hand sanitiser?

- A sufficient amount of gel to cover all surfaces on both hands and fingers should be placed into the palm and rubbed all over.
- The gel should be rubbed in for at least 30–60 seconds and sometimes it can take 60 seconds for the gel to be effective. Hand sanitiser needs to be rubbed in and left on both hands until they dry.

Which hand sanitiser should I use?

- 60-95% alcohol content is the level needed for it to work to inactivate viruses including COVID-19.
- Most alcohol-based hand sanitiser gels contain one or more alcohols: ethanol, isopropanol – or a combination of the two. You can check the label to see how much it contains.
- Of the main high street brands Carex has the highest alcohol content, according to the information on the label: Carex hand gel – contains 70% alcohol, Cuticura hand gel – contains 66% ethanol* Dettol hand gel – contains 63% ethanol

Hand sanitiser

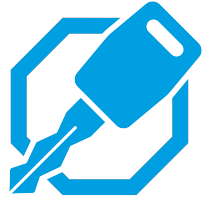


Non -alcohol hand sanitisers

- Alcohol-free hand sanitisers are usually foams
- Gentler on skin but the scientific evidence varies more for alcohol-free products than it does for sanitisers containing alcohol.
- A recent study in the Journal of Hospital Medicine (March 2020) found the ingredients in alcohol free less effective in de-activating viruses similar to COVID-19 (although the study looked at surfaces not hands).

Medical grade hand sanitisers

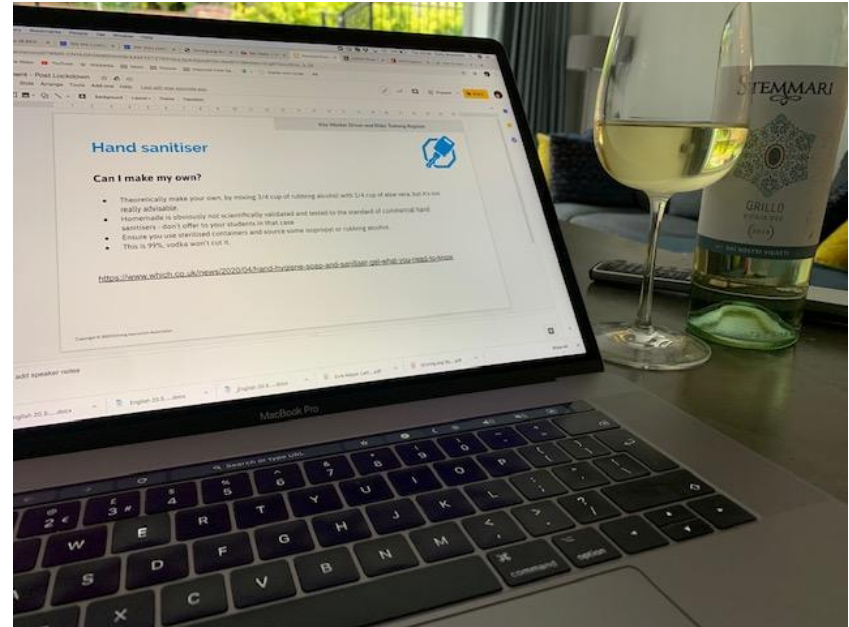
- Medical grade sanitisers, such as Defendol usually have around 70% alcohol and will have been tested to show specific pathogen-killing efficacy relevant to hospital settings. Hospitals and medical environments understandably need protection that has been certified for high-risk environments, so it's best to leave this for those who really need it.

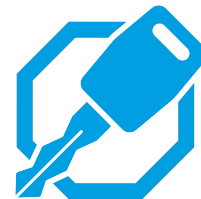


Hand sanitiser

Can I make my own?

- Not advisable.
- Homemade is not scientifically validated and tested to the standard of commercial hand sanitisers - don't offer to your students in any case
- Could cause damage, not limit infection!

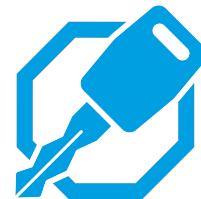




Anti-bacterial wipes and spray

Wipes

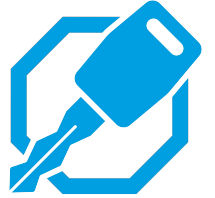
- You will need these to clean down the car between and possibly during lessons. Again if you do not have either then the lesson should be rearranged
- Have a supply of disposable bin bags in the car and put all wipes and tissues in the bin bag
- Change the bin bag after each lesson and dispose of it responsibly
- Bleach-free wipes are recommended
- Avoid using any type of bleach or hydrogen peroxide on the vehicle's interior as they cause damage to the vinyl and plastics used in most modern vehicles today.



Anti-bacterial wipes and spray

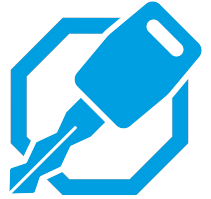
Spray

- Again, avoid anything with bleach or ammonia
- SurSol Disinfectant Spray is one type multipurpose and highly effective surface spray that disinfects at the same time as cleaning.
- Antibacterial and anti-virus formula that eliminates 99.99% of known germs and will continue killing up to four hours after application.
- Around £3.98 for 500 ml



Disposable gloves

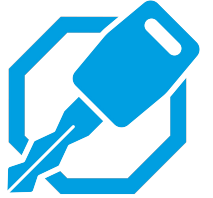
- Gloves are a point of debate
- Many experts say a pair of gloves won't lower your risk of contracting COVID-19 mostly because wearing gloves provides a false sense of security that bare hands do not.
- Refer back to 'how coronavirus is transmitted'? slide
- How people use gloves is thought to be leading to view they are not as effective as regular hand-washing or using hand sanitiser
- PLEASE NOTE: some people have a latex allergy and so check with your pupils
- If you use, you will need to change them frequently, and at least after each lesson



Disposable gloves

Types of gloves

- Rubber
- Latex
- PVC - If you find latex or rubber gloves to be too tight or stuffy, consider using PVC gloves, which are made from a thin and lightweight plastic, that's still surprisingly durable. The non-toxic material is safe for food handling. The gloves themselves have a slightly-textured surface for a non-slip grip
- Gloves should be disposable (single use only).
- All PPE should comply with British Standards (BS) or European Norms (EN) to ensure it meets the required standard of safety.
- Compliance with these standards is normally indicated by items being marked 'CE'.

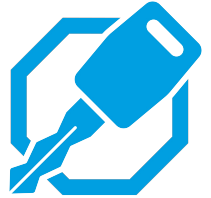


Disposable gloves

Taking them off

- Pinch the outside of your first glove at the wrist, being sure not to touch your bare skin.
- Peel the glove away from your hand, pulling it inside out as you do so. Use care not to rip it in the process.
- Hold the now-removed glove in your other gloved hand. Do not hold it with your free hand.
- Peel off the other glove by inserting your fingers inside the glove under your wristband, taking care not to touch the exterior of your glove.
- Turn the glove inside out while pulling it away from your body, leaving the first glove within the second one. Then immediately dispose of these gloves in the trash.

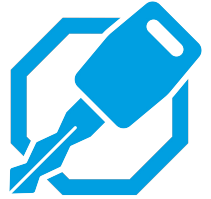
Facemasks



Facemasks:

- You could also use face masks. The advice on the effectiveness of face masks varies but if it makes you feel more comfortable during the lesson then the option is there.
- Not recommended for children below the age of two and for anyone with respiratory issues
- Recommended you purchase fluid-resistant surgical masks and **not** N95, FFP3 or FFP2 masks, as these are needed by medical workers and are in short supply.
- Follow the guidance on wearing and disposing of masks
- Sanitise your hands thoroughly before putting on masks and after disposing of
- Ensure mouth and nose fully covered and no gaps between face and mask
- Dispose after every lesson
- Facemasks are broken down into 2 main categories; surgical masks and respirators.
- Medical masks in Europe must comply with the European standard EN 14683, which have 3 levels of bacterial filtration efficiency (BFE1, BFE2, Type R).
- Respirators in Europe must meet European standard EN 149: 2001, which includes three classes of disposable particulate respirators (FFP1, FFP2 and FFP3).

Government advice on Facemasks



What is the latest advice?(updated 11th May 2020)

The government for England says:

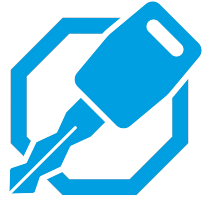
- People should aim to wear face coverings on public transport and in some shops
- Also in other "enclosed spaces where social distancing is not always possible and they come into contact with others that they do not normally meet"
- "Social distancing" means staying more than two metres away from someone
- Face coverings should be worn and not surgical masks or respirators which should be left for healthcare staff and other workers who need them

People do not need to wear face coverings where they are:

- Outdoors or while exercising
- In schools
- In workplaces such as offices and shops
- Children under two or primary aged children who cannot use them without assistance
- People who have problems breathing while wearing a face covering

Advice in Wales has not changed and face coverings have not yet been recommended for the general public. People in Northern Ireland have been told to consider wearing face coverings if they are in places where they cannot social distance.

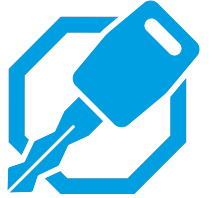
Facemasks



Respirators

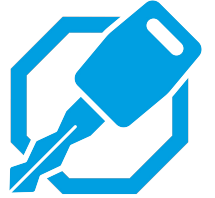
- Fit- and seal-tested respirators are made of tangled fibres that are highly effective at filtering pathogens in the air. These respirators must meet the rigorous filtration standards
- The diameter of the coronavirus is estimated to be 125 nanometers (nm). Keeping this in mind, it's helpful to know that:
 - ● Certified N95 respirators can filter 95 percent of particles that are 100 to 300 nm in size.
 - ● N99 respirators have the ability to filter 99 percent of these particles.
 - ● N100 respirators can filter 99.7 percent of these particles.
- Some of these respirators have valves that allow exhaled air to get out, making it easier for the user to breathe. However, the downside of this is that other people are susceptible to the particles and pathogens that are exhaled through these valves.
- Frontline healthcare and other workers who need to use these masks as part of their job are tested at least once a year to verify proper respirator size and fit.
- AA Drivetech are recommending FFP2 masks for both delegate and trainer

Facemasks



Surgical masks

- There are various types of surgical masks. Typically, these disposable, single-use masks are cut into a rectangle shape with pleats that expand to cover your nose, mouth, and jawline. They are composed of breathable synthetic fabric.
- How well surgical masks filter pathogens varies widely, with reports ranging from 10 to 90 percent.
- Surgical masks are mainly designed to stop the wearer from infecting the surrounding environment. They are not effective at protecting the wearer from airborne diseases such as coronavirus.



Facemasks

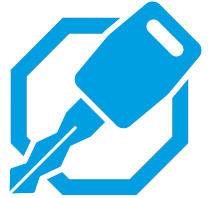
High-grade dust masks now used on NHS frontline: FFP3 face masks cost £40 for two

- FFP3 masks are the gold standard for preventing the spread of airborne illnesses in hospitals.
- They must fit tightly to the face and have all air drawn through a filter that is embedded in the fabric and catches almost every kind of particle as the air flows through.
- They are primarily used as dust masks in the construction industry.
- The masks are not widely available to members of the public online.
- These masks sell out quickly from main suppliers but appear to be being sold by a third party for **£39.99 for a pack of two on Amazon**.

- Source:

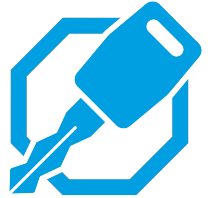
<https://www.dailymail.co.uk/news/article-8220619/What-face-masks-buy-amid-coronavirus-pandemic.html>

Facemasks



Silver standard masks used by medical workers in US and UK: N95/FFP2 face mask cost £6.99 each

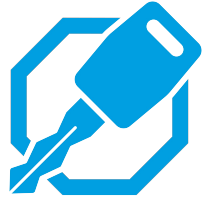
- The N95 face mask is the US equivalent of the FFP2 mask in Europe and is backed by the World Health Organisation as suitable for medical use.
- Its filter is not as strong as the FFP3 - it weeds out 95 percent of particles, as the name suggests - but it is still highly rated for NHS staff.
- UK health officials say FFP2 masks are second best to FFP3, and should be used if possible because they have a European seal of approval, but N95, which doesn't have CE approval, can be used if no FFP2 masks are available.
- Masks of this grade are more readily available online from sellers in China.
- The Amazon bestseller is a **N95 mask sold by HJHY**, a company based in China. They cost £6.99 but may not be delivered for a month or more. 43 per cent of people who bought the mask rated it just one star out of five.
- Another product in Amazon's best seller category is a £25.99 **six-pack of N95 masks** made by 3M and sold by Hpparty, another company based in China. Delivery dates start in mid-May and there are no customer reviews.



Facemasks

Disposable surgical masks still used in most NHS hospitals: Ten for £9.39

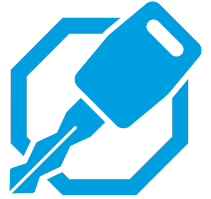
- The best known type of medical face mask, known as a surgical mask, is still being widely used by the NHS.
- Doctors, nurses and healthcare workers are now instructed to wear these types of mask as a minimum at all times when working near confirmed or suspected coronavirus patients.
- They are considered effective enough for most staff outside of intensive care or who are not inserting or removing breathing equipment.
- Although they don't have built-in air filters, the masks can stop droplets of liquid, which are how the majority of the COVID-19 viruses are spread.
- The best-selling product of this type under 'masks and respirators' on Amazon today is a [ten-piece set of disposable face covers](#) which costs £9.39.
- The mask - with an average review rating of 3.5 stars - has an inner layer of cotton fabric, a middle layer of medical filter paper and an outer layer of waterproof fabric. It is sold by a company in London and delivers in early May.
- Another top seller is a [pack of 20 costing £7.97](#) and shipping from a company called T-Shell in Guangdong, China.
- These types of masks are typically not reusable and should only be used for one day at a time.



Facemasks

Cycling masks designed to filter out pollution but with potential to stop viruses: £7.57 for six

- While cycling masks remain untested regarding coronavirus, they are intended to provide a layer of protection from airborne particles.
- They are designed to stop cyclists breathing in pollution when they ride through areas with heavy traffic.
- They contain an air filter for this purpose, but are not regulated to the same standard as medical face masks so provide varying levels of protection.
- High quality cycling masks, such as those made by the well-known UK brand Cambridge Mask Co. cost upwards of £20 and are reusable. The company has now sold out of all stock but is taking pre-orders.
- Other cycling masks are available on Amazon, with the site's bestseller a £7.57 [pack of six from a company called Diyji](#) in China. The firm says the masks are good for those with sensitive skin allergies and can be washed repeatedly, and are also suitable for camping, running, travel and climbing.
- Another top seller on the marketplace is a reusable mask [sold by the Chinese firm KZKR-EU](#) which costs £11.99 per mask and claims it will deliver within two weeks.



Types of surgical mask

What's the difference between Type I and Type II Masks?

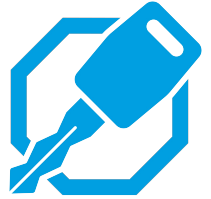
- Type I, and Type I R face masks have a BFE (bacterial filtration efficiency) of 95%, whereas Type II and Type II R face masks have a BFE of 98%. The breathing resistance, and splash resistance for Type I R and Type II R masks, are exactly the same.
- Type I, I R, II and II R face masks are medical masks tested in the direction of exhalation (inside to outside) and take into account the efficiency of bacterial filtration.

What is a Type II Face Mask?

Type II face masks (EN14683) are medical face masks made up of a protective 3 ply construction that prevents large particles from reaching the patient or working surfaces, however they are not effective when blood or bodily fluids are present.

Characteristics of Type II face masks include:

- Pleat style with ear loops or ties
- Protective three-layer construction
- Available in a variety of colours and styles.



Types of surgical mask

What is a Type IIR Face Mask?

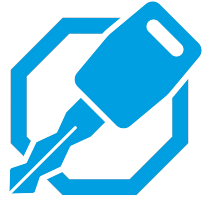
Type IIR face masks are medical face masks made up of a 4 ply construction that prevents large particles from reaching the patient or working surfaces. Type IIR Face masks include a splash resistant layer to protect against blood and other bodily fluids. Type IIR face masks are tested in the direction of exhalation (inside to outside) and take into account the efficiency of bacterial filtration.

Characteristics of Type IIR face masks include:

- Pleat style with ear loops or ties
- Protective four-layer construction
- Available in a variety of colours and styles
- Splash resistant layer against bodily fluids.

Type I, Type IR, Type II and Type IIR masks are for use in protecting others from the wearer transmitting infection.

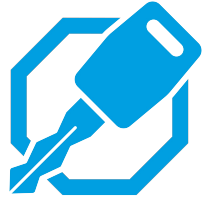
Facemasks



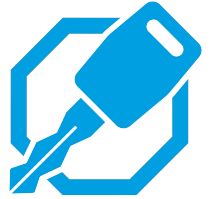
Homemade

- Few schools of thought about whether this is advisable or not.
- The argument made for their use (by The European Centre for Disease Prevention and Control) among others is that they could help to limit transmission of the virus in busy public situations where social distancing is difficult, such as public transport or supermarkets.
- The argument against their use is that homemade masks will be many times less effective than medical masks at preventing the wearer from transmitting the virus and of almost no use in protecting the wearer themselves. In fact the concern is that a sense of false confidence given by using a mask would lead to a greater risk.
- Members of the public who wish to use surgical or respirator masks should be aware that healthcare professionals are finding PPE hard to source and therefore question whether they are depriving healthcare workers who need them more of invaluable protection and in turn driving NHS procurement costs up.
- Members of the public who wish to use cloth face coverings or homemade masks should be aware of their limitations and that social distancing, hand hygiene and avoiding touching the mask or face is of considerably more importance.
- Homemade masks should be washed and changed frequently

Face Shields



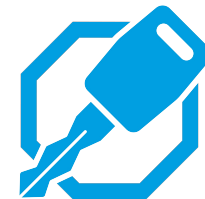
- While the U.S. Centers for Disease Control and Prevention began advocating the use of cloth masks to help stop COVID-19 transmission in April, laboratory testing "suggests that cloth masks provide [only] some filtration of virus-sized aerosol particles.
- To be most effective in stopping viral spread, a face shield should extend to below the chin. It should also cover the ears and "there should be no exposed gap between the forehead and the shield's headpiece,"
- Shields have a number of advantages over masks.
- First of all, they are endlessly reusable, simply requiring cleaning with soap and water or common disinfectants. Shields are usually more comfortable to wear than masks, and they form a barrier that keeps people from easily touching their own faces.
- When speaking, people sometimes pull down a mask to make things easier—but that isn't necessary with a face shield. And the use of a face shield is also a reminder to maintain social distancing, but allows visibility of facial expressions and lip movements for speech perception," the authors pointed out.



Clothing

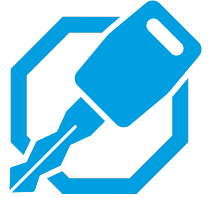
- Wear clothing that is appropriate and covers as much of you as possible, including arms and legs
- Wash your clothing as soon as you have finished work for the day
- 'Drop your drawers at the door', put them in a cotton bag and only wash those clothes
- Aprons are an option - mainly for cleaning car, should be disposable. Material versions needs to be washed frequently

Sneeze shields for cars



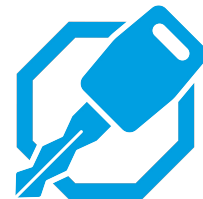
- Existing shields mainly for taxi
- Concern about insurance
- Concern over ability to take evasive action
- If altered to allow for evasive action does it negate protection of screen against COVID-19?
- Another surface to keep clean
- PVC - shower curtain like
- Full perspex molded versions
- From £20 for PVC ones from China to £450 for a perspex version fitted to your car
- Several manufacturers looking at adaptations for ADI market

Protection for pupils



- Are you going to provide?
- T&Cs - stipulate they use?
- Provide their own?
- Pupil packs



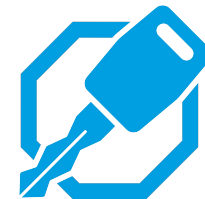


Useful guidance

Working safely during coronavirus (COVID-19) - Vehicles

Guidance for people who work in or from vehicles, including couriers, mobile workers, lorry drivers, on-site transit and work vehicles, field forces and similar.

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/vehicles>

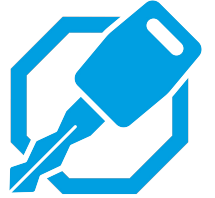


Useful guidance

Coronavirus (COVID-19): personal protective equipment (PPE) hub

Guidance about coronavirus (COVID-19) personal protective equipment (PPE).

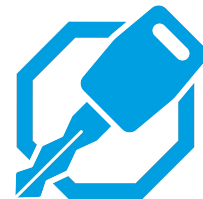
<https://www.gov.uk/government/collections/coronavirus-covid-19-personal-protective-equipment-ppe>



Useful guidance

World Health Organisation guidance on using masks

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>



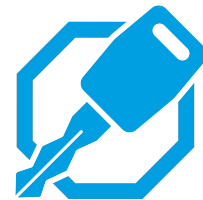
Any questions?

Email support@driving.org for help and advice for anything you need help with).

We can:

- Listen to your questions and help you answer them
- Over the phone, email, video call
- Arrange weekly calls
- Help you with learning materials and content
- Discuss any other support you may need

Membership queries - help@driving.org



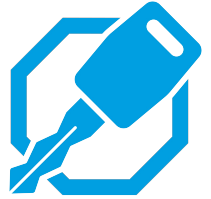
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Check out our short online courses available on DIA Academy

DIA ADI Helpdesk

See diaacademy.co.uk for all course information and booking or call us on **020 8686 8010**

Thank you for attending



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And be sure to check out our new online training centre [diaacademy.co.uk](https://www.diaacademy.co.uk)