

THAT'S WHY BHV.NL!

YOUR COURSE DEDICATED ON THE 1,5 METER SOCIETY

BHV.NL stands for a safe working and learning environment. To ensure your safety and the safety of your colleagues, we have taken the following measures. These measures are designed on the 'one and a half meter society' and following the guidelines of the RIVM (National Institute for Public Health and Environment) and the industry protocol in association BVBN together with the Red Cross, The Orange Cross, NIBHV and the Dutch Resuscitation Council (NRR).

Revised guidelines

BHV.NL has additional guidelines for training locations that allow us to comply with the RIVM protocol and the required hygiene measures. We assure you an available space of 6 m² for each student, so that we can keep 1/5 meters distance from each other (also during group assignments).

The following page describes the guidelines we follow; before, during and after our training

**FOR MORE
THAN 25 YEARS
BHV.NL HAS BEEN
COMMITTED**

*to the safety of
(working) Holland*

BEFORE THE START OF THE COURSE

- We ask/inform if the student has seen the [health certificate](#) (and has answered all questions with no) and if the student is currently suffering from health problems (coughing, sneezing, colds or fever). In case of health problems, the student is not allowed to follow the course.
- Students enter the classroom one by one. *BHV.NL follows the advice of the national government to wear masks in public indoor spaces. A mouth mask is not necessary in the training room. When working with a Lotus victim, we use a mouth mask and gloves.*
- We review the safety and hygiene measures of BHV.NL with all students.
- We offer plenty opportunities to wash hands. Before, during and after training.
- When a student must perform an active handling, such as cpr or applying a bandage, wearing disposable Nitril gloves is mandatory! BHV.NL also provides a free first-aid training kit for each student.

DURING THE COURSE

- Follow the instructions of the safety trainer.
- The student uses the seat he or she is assigned to at the start of the course. It is only possible to sit elsewhere in consultation with the safety trainer.
- Practical exercises such as the Rautek and recovery position are shown and explained as a video instruction.
- We use alternative practices to apply bandages. In addition, we practice on our own upper or lower leg or exercise arms/legs.
- Also during the fire exercises outside we keep 1.5 meter distance from each other.
- Using toilet facilities involves consultation with the safety trainer (up to one person per toilet group).
- During the resuscitation exercise, in addition to our usual strict hygiene measures, we apply the following rules:
 - Disposable gloves mandatory (provided by BHV.NL).
 - Use of a face-shield mandatory (provided by BHV.NL).
 - Disinfect complete doll (torso and face).

AFTER THE COURSE

- All personal protective equipment are thrown away.
- Students leave the classroom one by one.
- After each course, all training materials are thoroughly cleaned.



Keep 1.5 meters distance



Wash your hands more often



Cough and sneeze in your elbow



Use paper handkerchiefs



Do not shake hands