

STANDARD PRECAUTIONS FOR INFECTION CONTROL

Standard precautions are a set of basic infection prevention practices intended to prevent transmission of infectious diseases from one person to another. It is not always known if an individual has an infectious disease, therefore standard precautions are used at all times to prevent the spread of a disease. Standard precautions apply to blood and all other bodily fluids, secretions (except sweat), broken skin and mucous membranes.

COUGH/SNEEZE ETIQUETTE

- Cover ones mouth/nose when coughing or sneezing by using disposable tissues
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Perform hand hygiene after hands have been in contact with respiratory secretions.

HAND WASHING

Hand washing is the most important step to prevent the spread of germs.

Wash Your Hands

- Before, during and after preparing food
- Before eating
- Before and after assisting someone who is sick
- Before and after treating a cut or wound
- After using the bathroom
- After cleaning or changing a person's soiled clothing, briefs, or a child's diaper
- After assisting an individual in the bathroom
- After blowing your nose, coughing or sneezing

Proper Hand Washing Procedure

- Wet your hand with water and apply soap.
- Rub your hands together to make a lather. Be sure to scrub the backs of your hands, between your fingers and under your nails.
- Continue rubbing your hands for at least 20 seconds. This is approximately the amount of time it would take you to sing the "Happy Birthday Song" twice. Hum in your head, or out loud – your choice.
- Rinse, and then dry your hands.
- If soap and water are not available, use an alcohol-based hand sanitizer.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

PPE is clothing or equipment worn to protect you from injury and/or infection.

Types of PPE

- Gloves should be worn when there is any chance of contact with blood or any other bodily fluids and secretions or contaminated items. Gloves should also be worn when preparing food for the people you support.
 - * It is important to note that many people are allergic to latex gloves and other forms should always be available such as vinyl and/or nitrile gloves.
 - * Gloves should be changed after contact with blood or bodily fluids, completing tasks for one person to another, and contacting a potentially contaminated site before moving to another site.
- Masks, goggles, face shields should be worn to protect eyes, nose and mouth when in contact with blood and body fluids.
- Gowns and/or shoe covers should be worn to protect the skin from blood or body fluid contact.
- The PPE that you use is going to depend on the job you're doing. Refer to your organization's requirements to ensure you are using the proper equipment.

CLEANING, DISINFECTION, PROPER DISPOSAL

- Implement procedures for routine cleaning and disinfecting of surfaces throughout your facility, especially those that are frequently touched.
- Throw disposable items used to clean surfaces and items in the trash immediately after use.
- Avoid touching used tissues and other waste when emptying waste baskets.
 - Wash your hands with soap and water after emptying waste baskets.
- Proper disposal of sharps and infectious waste material is important to protect the staff that handles them, as well as the general community once these items are disposed.
- Sharps should be discarded of in proper containers; needles should never be bent or recapped.
 - Medical waste should be disposed of in medical waste bags.

FEATURED RESOURCE

Making Sense of Standard Precautions

This 20 minute video defines standard precautions, identifies ways to minimize the spread of pathogens, explains the means of transmission of pathogens, demonstrates hand washing and gloving techniques, reviews personal protective equipment use, and explains sharp disposal.

Irwin Siegel Agency insured organizations can borrow this DVD, and others, from our Video Lending Library at no charge. Contact our Risk Management Division at 800.622.8272 or riskmanagement@siegelagency.com

Contact the ISA Risk Management Division today for more information on these and other risk management services and resources.