

# **HYGIENE PROCEDURES WHEN IN CONTACT WITH BLOOD OR OTHER BODY FLUIDS**

## **Introduction:**

There are many diseases that can be transmitted by blood or other body fluids, clearly therefore there is a need for a set of hygiene procedures which effectively address this concern.

It follows then, that:

1. The school should have an effective set of hygiene procedures;
2. The school should have the equipment needed in order to give effect to these procedures;  
and
3. That all staff should be fully aware of these procedures.

Additionally, staff should pay added attention to their own cuts or broken skin, protecting them from direct contact with body fluids. Any fresh cut (less than 24 hours old) should be covered by an impermeable dressing.

The following procedures have been devised. They are addressed to and must be used by any member of staff or student who has gone to the assistance of another student with a cut or broken skin.

- a) Avoid contact with body fluids if your hands or lower arms have open cuts or unhealed wounds;
- b) Use disposable gloves and wash thoroughly with soap and water after removal of gloves. If disposable gloves are unavailable at the time, wash your hands and lower arms and any other bodily parts in contact with or splashed by body fluids thoroughly, with water and soap as soon as possible.
- c) Place any cotton wool, gauze, etc. that has had contact with body fluids in a plastic bag and seal it for disposal or incineration.
- d) Wipe down the benches or other areas concerned with cold or tepid tap water and then with household bleach, eg Janola, freshly diluted 1:10 with water;
- e) Wash carpeted areas with water and soap;
- f) Wash scissors or other instruments thoroughly in cold tap water to remove any body fluids, then instruments can be effectively sterilised by boiling for at least 10 minutes or by soaking them for 30 minutes in household bleach diluted 1:10.