



# UNIVERSAL PRECAUTIONS – BLOOD AND BODILY FLUIDS

**Universal Precautions are intended to prevent the spread of germs, including germs found in the blood (e.g. hepatitis B and C, and HIV). All blood and body fluids containing blood should be treated as if they are infected by wearing personal protective equipment (e.g. vinyl or equivalent first aid gloves).**

## ▶ UNIVERSAL PRECAUTIONS WHEN PERFORMING FIRST AID

Program Leaders/Supervisors are to treat all blood and other potentially infectious materials (OPIMs) as though they are known to be infected with blood borne pathogens. They will follow precautions to prevent injuries, wear barrier protection (i.e. first aid gloves) and follow proper hand washing practices:

- ▶ Wash hands. When first aid is being administered off-site or away from a source of soap and water an antimicrobial.
- ▶ Wear disposable protective gloves when there may be contact with blood or OPIMs.
- ▶ Have access to vinyl or equivalent protective gloves when treating a participant or staff member with a latex allergy.
- ▶ If splashing onto the mucous membranes (eyes, nose or mouth) or skin could occur, wear eye goggles or face shield to act as a barrier against contact with blood and OPIMs.
- ▶ Dispose of contaminated materials safely (e.g. protective gloves are to be removed last, bagged prior to disposing of them in waste container).
- ▶ Wash hands thoroughly with soap and water after contact with blood or bodily fluids.
- ▶ For contaminated surfaces and areas (e.g. a biohazard [blood or other potentially infectious material] is present), do not attempt to clean the area, secure the area and notify the Program Supervisor, immediately. Infected areas need to be cleaned with approved disinfectant.
- ▶ Use a ventilation device for emergency resuscitation.
- ▶ Avoid direct contact with the injured person if you have an open skin condition.



## ▶ DISPOSING OF CONTAMINATED ARTICLES SAFELY

- ▶ Articles of clothing on the injured person or the person administering first aid that become covered with excessive amounts of blood are to be removed, placed in a plastic/garbage bag for transport and then laundered or safely disposed of as bio-hazardous material.
- ▶ Protective gloves used in first aid treatment must be bagged prior to being discarded in garbage receptacle.
- ▶ Sharps disposal containers are to be located at each site, for safe disposal of contaminated needles and potentially infectious materials.
- ▶ Items such as broken glass are to be disposed of in a safe manner (e.g. bagged or boxed, separated, labelled and stored in the custodial storage area until pick up).