



ROUTINE PRACTICES

(Also known as Universal Precautions or Standard Precautions)

What are Routine Practices?

Routine Practices mean the use of protective barriers whenever you may be exposed to someone else's blood, body fluids, mucous membranes or broken skin.

Routine Practices protect you from the viruses that cause hepatitis B, hepatitis C and AIDS. These viruses are found in the blood and body fluids of people infected with these diseases.

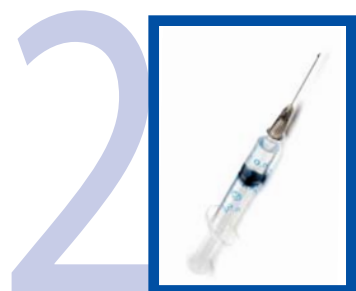
You cannot tell who carries these viruses by how they look, so it is important to treat everyone's blood and body fluids as infectious at all times.

Use protective barriers



- a. Wear gloves when
 - giving first aid
 - touching someone else's blood, body fluids, mucous membranes or broken skin
 - handling items or touching surfaces that are soiled with blood or body fluids
- b. Cover cuts and other open areas on your skin
- c. Use face protection (safety glasses and masks) if you are performing an activity where there might be a splash of blood or body fluids to your face
- d. Wear a gown or apron if your clothing is likely to be soiled with blood or body fluids

Dispose of contaminated articles safely



- Handle sharps (e.g. needles, razors, broken glass) safely. Never pick them up with your bare hands. Use tongs, or a broom and dustpan. Always dispose of them safely in a biohazard bin, which is a puncture resistant, leak-proof container, clearly identified as hazardous
- Place other contaminated wastes in a leak-proof bag and label the bag as contaminated waste

Clean contaminated surfaces

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- a. Put on a pair of rubber gloves
- b. Clean up the spill using paper towels, then wash the area with detergent and water
- c. Wipe the surface with a fresh solution of bleach (one part bleach to nine parts water). Leave the solution on for at least 10 minutes
- d. Dispose of used paper towels in the garbage bin, remove gloves, place them in a biohazard bin, and wash your hands

Remove barriers and wash hands

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WASH YOUR HANDS OFTEN, especially

- Before and after giving care to other people
- After contact with blood or body fluids
- After contact with any item soiled with body fluids
- After removing gloves

BE SAFE

- Get vaccinated against hepatitis B
- Never reach into trash
- Do not eat, drink or smoke in areas where bloodborne pathogens may be present
- Do not share personal articles (e.g. toothbrushes, razors, nail clippers, nail files)
- Do not recap needles after use. Place needles and sharps directly into a biohazard bin

IF YOU ARE EXPOSED TO BLOOD OR BODY FLUIDS

1. Wash the exposed area with soap and running water as soon as possible
2. Use antiseptic towelettes or hand cleaners if soap and running water are not available
3. Report the incident at work and seek medical advice right away
4. Ask about hepatitis B immune globulin if you have not been vaccinated against hepatitis B, or do not know your immune status