

Steps for Cleaning and Disinfecting Foot Baths

Foot baths (spas) have been linked to outbreaks and skin infections. These outbreaks have been associated with exposure to *Mycobacterium* (fungus) which can be found in many foot baths. **Infection control precautions must be followed to protect both personal service workers and clients.**

You do not have to see blood or bodily fluids on the instruments for an infection to occur.

The following is in addition to general operational requirements for personal services settings.

After each client:

- Drain the foot bath.
- Remove any debris then clean the basin with detergent and warm water, using a brush to remove dirt. Rinse with water.
- Refill foot bath with detergent and warm water to above the fill line and activate the recirculation system. Let it run for 5 minutes. Drain and rinse with clean water to remove any left over solution.
- Disinfect using either an intermediate* to high level** disinfectant approved by the foot bath manufacturer
- Activate the recirculation system. Ensure to follow the manufacturer's instructions for contact time. If using 5% household chlorine bleach, ensure the recirculation system runs for a minimum of 10 minutes.
- Drain the foot bath and follow manufacturer's instructions for, if any, final steps. If using 5% household chlorine bleach, allow foot bath to air dry.

At the end of each day:

- Remove the filter screens, jets, drain plug and all other removable parts. Remove any debris trapped behind them. Clean all of the removable parts with detergent and warm water using a brush. Rinse with clean water.
- Disinfect all of the removable parts using an intermediate to high level disinfectant, following manufacturer's instructions for preparation and contact time. If using 5% chlorine bleach, ensure a minimum 10 minute contact time is met.
- Replace all removable parts back into the foot-spa.
- Repeat steps required for cleaning and disinfecting after each client.

Do not use oil-based products in the foot bath or on the client's feet or legs before they use the bath. Oil will build up in the recirculation lines and provide a breeding ground for bacteria.

In cases where a simple basin and non-circulating basins are used, single use disposable liners may be used. The basin must be still cleaned and intermediate to high level disinfected at the end of each day. If however, a liner is not used, the basin must be cleaned and intermediate to high level disinfected between clients.

Never mix chlorine bleach with ammonia products. The combination produces toxic chlorine gas.

Blood and Body Fluid Exposure

- Provide client with verbal and written after-care instructions including instructions to seek medical advice if complications occur.
- Document all client and operator exposure to blood and body fluid.
- Keep client records and accidental blood and body fluid exposure records on site for one year.
- Hepatitis B vaccination for staff is strongly recommended.

**Intermediate Level Disinfectant* – Product capable of providing intermediate-level disinfection that kills mycobacteria, most viruses, and bacteria. Equipment/devices must be thoroughly cleaned prior to intermediate. An intermediate level disinfectant can be mixed using household bleach solution of 5.25% sodium hypochlorite, which means 2 tsp of bleach with 2 cups of water for a minimum of a 10 minute contact time.

***High Level Disinfectant* – Product capable of providing high-level disinfection that destroys vegetative bacteria, mycobacteria, fungi and enveloped (lipid) and non-enveloped (non-lipid) viruses, but not necessarily bacterial spores. Equipment/devices must be thoroughly cleaned prior to high level disinfection. A high level disinfectant can be mixed using household bleach solution of 5.25% sodium hypochlorite, which means 2 tsp of bleach with 2 cups of water for a minimum of a 20 minute contact time.

For more information contact York Region *Health Connection* 1-800-361-5653, TTY 1-866-252-9933

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