

Blood and Body Fluids Precautions

1. **Wash hands** before and after every patient contact, and immediately if in direct contact with blood or body fluids, and avoid hand to mouth / eye contact.
2. **Wear gloves** when contact with blood or body fluids, mucous membranes or non-intact skin is anticipated and wash hands after their removal.
3. **Take precautions to prevent puncture wounds**, cuts and abrasions in the presence of blood.
4. **Protect skin lesions and existing wounds** by means of waterproof dressings and/or gloves
5. **Avoid invasive procedures** if suffering from chronic skin lesions on hands.
6. **Avoid use of or exposure to sharps** and sharp objects when possible, but when unavoidable, take particular care in their handling and ensure approved procedures are followed for their disposal.
7. **NEVER RE-SHEATH NEEDLES**
 - Always dispose of needles directly into sharps bins.
 - Used, unsheathed sharps should never be carried in the hands or pockets and should not be passed from hand to hand.
8. **Protect the eyes and mouth** by means of a visor, goggles or safety spectacles and a mask whenever splashing is a possibility.
9. **Wear rubber boots or plastic disposable overshoes** when the floor or ground is likely to be contaminated.
10. **Control surface contamination** by blood and body fluids through containment and appropriate decontamination procedures.
11. **Use approved procedures** for sterilisation and disinfection of instruments and equipment.
12. **Clear up spillages of blood** and other body fluids promptly and disinfect surfaces.
13. **Dispose of all contaminated waste and linen safely.**
14. **Use the agreed procedure** for the safe disposal of contaminated wastes.

Application of these precautions, particularly with regard to necessary protective clothing, will vary according to the procedure being undertaken, be aware of local policies and procedures and follow them for your own protection and that of others



PROCEDURE IN THE EVENT OF A CONTAMINATION INCIDENT

Exposure to the blood and body fluids of patients infected with bloodborne pathogens, like HIV, hepatitis B virus (HBV) and hepatitis C virus (HCV), poses a risk of occupationally-acquired infection. The greatest risk is posed by percutaneous injuries (e.g., needlesticks and injuries from other sharp devices including I.V. cannulae, winged steel needles (butterfly needles), vacuum blood collection systems, glass slides, stitch cutters, suture needles, lancets, scalpels, razors, scissors, patients teeth, etc).

However, the following advice also applies to spillage of blood or body fluids on to skin, especially broken or eczematous skin, mucous membranes of the mouth or the eye. If you are in any doubt about whether an exposure is significant, seek advice.

First Aid

Procedure for contaminated sharp/needlestick incidents

- Encourage bleeding by squeezing where skin is punctured
- Wash thoroughly with soap and warm water; do not use a scrubbing brush or alcohol.

Procedure for splash by blood or body fluids

- If eyes or broken skin areas are involved irrigate immediately with water.
- If the mouth is involved rinse with plenty of water but *do not swallow*.
- Where massive contamination of unbroken skin has occurred, remove contaminated clothing and wash all affected areas with copious amounts of water.

Students should report to the doctor or nurse in charge of the area where they are working, then contact:

- **During working hours** (Monday to Friday 8.30am-4.30pm)
 - The Health and Wellness Centre (Occupational Health) at
 - 31-43 Ashfield Street, Royal London Hospital, E1 2AH
 - **Needle-stick line: 020 020 3594 6609 (call this number BEFORE going to dept)**
 - Reception: 020 7377 7254
- **Out of working hours**
 - 4.30pm – 8.30am Monday - Friday, Weekends and Bank Holidays go to the nearest
 - Accident and Emergency Department

Please note:

- **Students who suffer a contamination incident when they are not in College or Barts & The London Trust premises must follow the local procedure.**
- **In ALL cases of contamination incidents students should obtain copy of the initial assessment paperwork either from the OH dept or A & E which they attend and forward it on to QMUL OH (Ground Floor Geography, Mile End London E1 4NS. Phone: 020 7882 8700 Fax: 020 7882 7053) so that the follow up appointment can be arranged.**