



Infection Control Guidelines For First Aiders

Every person whose work brings them into physical contact with human blood, body fluids or tissues should routinely use infection control procedures. They are designed to prevent infection through physical contact with blood, other body fluids or other infectious material. **They are designed to protect YOU.**

General Guidelines



1. Treat **ALL** human blood, body fluids or materials derived from human blood or tissues as potentially infectious.
2. Wear protective clothing such as gloves, and where spurting wounds are likely, protective eye wear.
3. Consider **mouth to shield / mask** resuscitation (**DO NOT** delay resuscitation to look for a mask).
4. Wash hands before (if time allows) and after contact with each patient, and after contact with human blood, body fluids or tissues (also wash hands after removing protective clothing or gloves). **Soap or handwashes are appropriate.**
5. Cover any wounds or broken skin with waterproof bandages to prevent direct contact with human blood, body fluids or tissues.
6. Carefully mop up and remove all spilt human blood, body fluids or tissues and clean surfaces with disinfectants. No visible contaminant should remain.
7. Clean soiled equipment in cold water and detergent and wash with disinfectants or boil for 10 minutes (soiled clothes or towels can be washed or dry-cleaned as normal).
8. **Disposal of Contaminated Materials:**
 - * **Minor Dressings** such as *Band-aids*, should be placed into a sealed plastic bag and disposed of through normal garbage collection system.
 - * **Major Blood Spills** - place all materials used/involved in a major blood spill in a leak-proof container, such as a heavy duty plastic bag and dispose through an **approved infectious waste disposal system** and label '**Infectious Waste**'.

Disinfectants

There are a number of readily available products that are suitable for disinfecting surfaces and instruments contaminated by blood or body fluids.

- * Household chlorine bleach solution can be used.
(freshly diluted in water to give a 1% solution).

Australian First Aid Pty. Ltd. 2011

*Ref: Worksafe Australia/HIV/AIDS & the Workplace
Australian National Council on AIDS*