

TOOLBOX TOPIC – JUNE 2010 (All Departments/Projects)



CORKE INSTRUMENT ENGINEERING (AUSTRALIA) PTY. LTD.

HEALTH AND HYGIENE

TOOLBOX TOPIC – JUNE 2010 (All Departments/Projects)



This presentation is designed to emphasize the need for good Health & hygiene protocols to be practiced, it does not identify all issues associated with good Health and Hygiene practices. It should be treated as a guide only.

Client sites may have specific procedures for Health and Hygiene practices and these should be followed whilst working on those sites.

If you are not sure, ASK.



Infection

Infection is caused by pathogens ('bugs') such as bacteria, viruses, protozoa or fungi getting into or onto the body. It can take some time before the microbes multiply enough to trigger symptoms of illness, which means an infected person may unwittingly be spreading the disease during this incubation period.



Transmission of Infection

Infectious agents can be spread in a variety of ways, including:

- **Airborne** - coughs or sneezes release airborne pathogens, which are then inhaled by others.
- **Contaminated objects or food** - the pathogens in a person's faeces may be spread to food or other objects, if their hands are not properly cleaned after visiting the toilet.
- **Skin-to-skin contact** - the transfer of some pathogens can occur through touch, or by sharing personal items, clothing or objects.
- **Contact with body fluids** - pathogens in saliva, urine, faeces or blood can be passed to another person's body via cuts or abrasions, or through the mucus membranes of the mouth and eyes.



Protect Yourself

- The main transmission route of the influenza virus is via droplets that are expelled by speaking, sneezing or coughing. You can prevent getting infected by avoiding close contact with people who show influenza-like symptoms (try to maintain a distance of about 1 meter if possible) and taking the following measures:
- Avoid touching your mouth and nose;
- Clean hands thoroughly with soap and water, or cleanse them with an alcohol-based hand rub on a regular basis (especially if touching the mouth and nose, or surfaces that may be considered contaminated);
- Reduce the time spent in crowded settings if possible;



Symptoms

- If you have flu-like symptoms you should seek medical advice. Symptoms may include the following:
 - Fever
 - Sore throat
 - Cough
 - Headache
 - Muscle aches and pains

Prevention (The World Health Organisation - WHO)

- According to WHO the most effective way to prevent the disease or severe outcomes from the illness is vaccination. Safe and effective vaccines have been available and used for more than 60 years. Among healthy adults, influenza vaccine can prevent 70% to 90% of influenza-specific illness. Among the elderly, the vaccine reduces severe illnesses and complications by up to 60%, and deaths by 80%.
- Vaccination is especially important for people at higher risk of serious influenza complications, and for people who live with or care for high risk individuals.



Personal Hygiene Practices

Infection control procedures relating to good personal hygiene include:

- **Hand washing**, the spread of many pathogens can be prevented with regular hand washing.
 - You should thoroughly wash your hands with water and soap for at least 15 seconds after visiting the toilet, before preparing food, and after coming in contact with other persons or equipment that may be contaminated. Dry your hands with disposable paper towels.
 - the use of antibacterial hand sanitisers etc is also effective in reducing the spread of infection.



Personal Hygiene Practices Cont.

- **Gloves** - wear gloves if you are handling body fluids or equipment containing body fluids, if you are touching someone else's broken skin or mucus membrane.
- **Personal items** - don't share towels, clothing, razors, toothbrushes, shavers or other personal items.
- **Unbroken skin** - intact and healthy skin is a major barrier to pathogens. Any cuts or abrasions should be covered with a waterproof dressing.



Cleanliness In The Workplace

Infection control procedures relating to cleanliness in the workplace include:

- Regularly wash the floors, bathrooms and surfaces - such as tables and bench tops - with hot water and detergent.
- Mops, brushes and cloths should be thoroughly washed and dried after every use. Drying mops and cloths is particularly important, since many pathogens rely on moisture to thrive.
- Use disinfectants to clean up blood and other spills of bodily fluids.



Cleanliness In The Workplace

- When using disinfectants - always wear gloves, and always follow the manufacturer's instructions exactly.
- Spot clean when necessary.
- If you come in contact with blood or body fluids, you should:
 - Flush the area with running water.
 - Wash the area with plenty of warm water and soap.
 - Report the incident to the appropriate staff member.
 - Record the incident via the reporting procedure.



Things To Remember

- Remaining alert and practicing good infection control measures in the workplace aims to prevent pathogens being passed from one person to another.
- The foundation of good infection control is to assume that everyone is potentially infectious.
- Basic infection control procedures include hand washing and keeping the workplace clean.
- Be considerate of your work mates, if you are infected adopt good hygiene practices to help prevent spreading the virus around the work place.