

Clinical Skills Education Unit Health and Safety Guidelines



All human blood and body fluids are to be treated as potential sources of infection.

Staff and students must adhere rigorously to the specific requirements of the placement institution and the following precautions in order to minimise any exposure.

Avoid needle-stick or sharps injury:

Sharps must be handled with extreme caution. Percutaneous injury with sharps is the most common mode of blood borne pathogen transmission in health institutions. Avoid re-capping needles! Dispose of sharps safely into an approved sharps container.

Avoid contact with blood and other body fluids:

Wear disposable gloves whenever contact with blood or other body fluids is envisaged. If there is a risk of splashing or spraying blood or body fluids, wear safety glasses, goggles or face shield. Wear protective gowns, preferably closed at the front.

Wash hands with water and soap or antiseptic:

- before and after patient contact
- immediately that they are contaminated with blood or other body fluids
- whenever gloves are removed
- before eating, drinking, or leaving the facility.

Decontaminate surfaces after procedures.

Dispose of contaminated linen and waste (swabs, gloves etc) according to established safe clinical practice.

Report exposure incidents immediately to your tutor or the senior technical officer so that the risk of disease transmission can be assessed.