

AP 160 Appendix: UNIVERSAL PRECAUTIONS

Background

Hygienic practices are required to minimize the risk of transmission of infectious diseases following contact with blood or other body fluids.

Procedures

1. Use dressings and tissues to minimize direct contact with blood, other body fluids and wounds.
2. When cleaning up body fluids, protective disposable plastic gloves shall be worn.
3. If any part of the skin comes in contact with body fluids, it shall immediately be washed with a disinfectant or hot soapy water.
4. Exposure of open skin lesions and eye and mouth areas to body fluids shall be avoided.
5. Appropriate disinfectants (e.g. 1:9 dilution of household bleach in water) shall be used in cleaning body fluids from floors, walls and clothing. The Regional Health Unit can be contacted if there is doubt as to which disinfectants or cleansers are to be used.
6. The person doing the cleaning is to use disposable materials such as paper towels, if at all possible. If a mop is used it shall be rinsed in disinfectant.
7. All disposable articles soiled with body fluids (e.g. paper towels) shall be placed in a plastic container, which shall be sealed and disposed of immediately.
8. Non-disposable articles such as clothing and linens visibly soiled with blood or other body fluids are to be rinsed in cold water and then machine-washed in hot water with ordinary household laundry detergent including bleach (or dry cleaned). The person who is rinsing the clothes is to wear necessary protective coverings.

Reference: [Sections 85, 87, 108, 109, 175, 190, 231 Education Act](#)
[Occupational Health and Safety Act](#)
[Public Health Act](#)