



Building Healthy Minds and Bodies since 1977

5.8 BLOOD AND BODY FLUID PRECAUTIONS POLICY

PURPOSE

To ensure the health, well-being and safety of the staff, athletes, volunteers and members. Routine practices designed to reduce the risk of blood and body fluid exposure and/or spread of infection is a primary objective for the Okanagan Gymnastics Centre's (OGC) .

POLICY

All staff, athletes, volunteers and members of OGC will practice routine Blood and Body Fluid Precautions to avoid becoming infected with blood borne diseases. In order to be safe and not to discriminate, assume that everyone is infectious.

PROCEDURE

Definition:

Blood and body fluid precautions are routine techniques which strive to ensure the safety of staff, participants and volunteers from the transmission of infectious conditions, and which are designed to reduce cross contamination of germs or contagious conditions. In order to be safe and to avoid discrimination, all persons should be considered possible carriers of infection and disease.

Blood and body fluid Precautions apply to the following bodily fluids and tissues: blood, semen, vaginal secretions, amniotic fluid, synovial fluid, pericardial fluid, cerebrospinal fluid, plural fluid, peritoneal fluid, saliva, feces, vomit and sputum.

Protective gloves must be worn by the staff member, participant or volunteer who come in contact with any of the fluids mentioned above, or who are handling the situation. After discarding the gloves, wash hands with soap and water.

Preventative measures include, but may not be limited to:

Personal Health Care:

Staff, athletes, volunteers and members will be encouraged to use specific preventative measures to help limit the spread of infectious diseases, especially those transmitted by direct contact.

1. Maintain good personal hygiene
2. Practice effective hand washing techniques (see below). Wash with warm water and soap before and after:
 - Eating
 - wiping noses
 - sneezing or coughing
 - whenever hands are soiled

Effective Hand Washing Techniques:

Hands and other skin surfaces should be washed thoroughly with soap and warm water immediately before and after contact with potentially contagious fluids. If contaminated with body fluids, hands and other skin surfaces should be washed thoroughly before and after gloves are worn, and before eating food.

Use soap, warm water and friction for hand washing. Lather and scrub for 10-15 seconds. Scrub under fingernails. Rinse and dry hands from fingers toward forearm. Use dry paper towel to turn off the faucets.

Use a waterless hand washing product for immediate use if hand washing facilities are not available. Hand washing facilities should be located as soon as possible after contact.

3. Encourage individuals to cover mouth and nose when coughing or sneezing. Cough/sneeze into your arm, not your hand.

4. Individuals will not share personal items, such as: water bottles, body jewelry, combs, and hats.

5. Stay home and avoid contact with other people when ill.

7. Eat a well-balanced diet and follow a healthy life-style

Blood Borne Pathogens:

Blood and certain body fluids of all members are considered potentially infectious for blood borne pathogens. Universal Precautions apply to blood and other body fluids potentially containing blood or blood borne pathogens. These body fluids include: vomit, phlegm, feces, urine, semen and vaginal secretions. Universal Precautions should also be used with other fluids, such as nasal secretions, saliva, sweat, and tears when they contain visible blood or other potentially infectious material and when it is impossible to differentiate between body fluids.

1. Hand washing will be performed to prevent contamination following Effective Hand Washing Techniques.

2. Personal protective equipment will be worn and or used

- a. The use of gloves (intact latex or vinyl of appropriate size and quality) is important where the worker has cuts, abraded skin, chapped hands,

dermatitis, etc. Gloves should also be worn during administration of first aid, cleaning of body fluids and when handling soiled laundry. Gloves should be changed between member contacts, and they should not be washed and reused. Gloves are not necessarily needed for general or casual contact with members.

- b. A CPR pocket mask located in all first aid kits shall be used while performing CPR.

4. Blood/body fluid spills will be cleaned up immediately.

- a. Blood/body fluid spills should be mopped or wiped up with hot soapy water and then disinfected with bleach. If clean-up is done by hand, disposable gloves must be worn.
- b. Soiled sponges and mops can be disinfected by soaking in a 1:10 dilution of bleach for 5 minutes.

5. Waste will be properly disposed of.

- a. Flushable waste such as body wastes will be flushed down the toilet.
- b. Non-Flushable items contaminated with blood or body fluids should be placed in a leak proof plastic bag which is tied securely at the neck. This bag should then be placed in a second sealed, plastic bag. The bag will then be disposed of in the trash receptacle.

6. Contaminated laundry will be handled as little as possible

- a. Gloves are to be worn when handling soiled clothing.
- b. Soiled clothing should be placed in a leak proof plastic bag which is tied securely at the neck. This bag should then be placed in a second sealed, plastic bag. The bag will then be put in the main office for pick up or in the garbage.

Facility Care:

1. Regular disinfecting of furnishings, equipment and play materials will occur and be noted on the facility checklist.
2. All garbage disposals in children areas, soiled diapers and linens are stored in closed containers. Proper hand washing and the disposal of sharp medical instruments may prevent the spread of infections.

APPROVED BY OGC BOARD OF DIRECTORS AUGUST 16, 2017