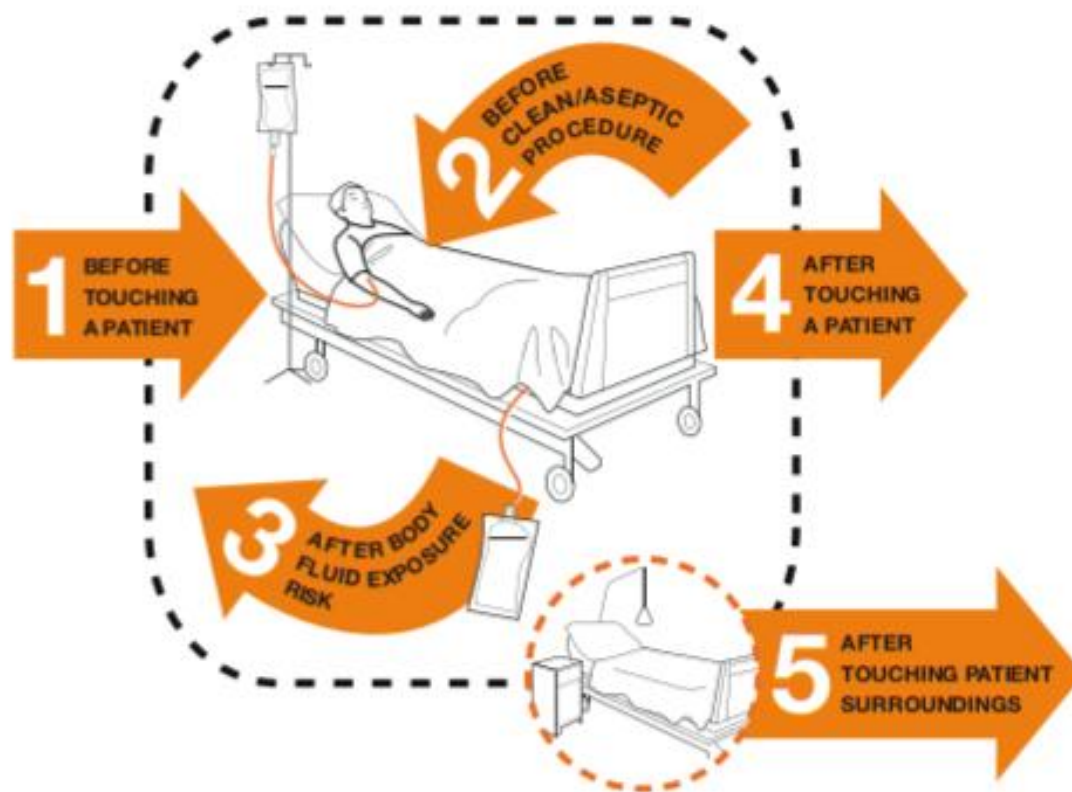


Link for Biomedical waste and Infection Control Strategy for HCW. All the HCW should be instilled with repeated training for the standard precaution as under:

1. Hand Hygiene
2. Respiratory Hygiene
3. Donning and Doffing of PPEs
4. Environmental Cleaning
5. Safe handling and cleaning of soiled Linen
6. Waste Management

When? YOUR 5 MOMENTS FOR HAND HYGIENE



Hand Hygiene:

Hand hygiene should be done as per WHO “5 Moments (Before and after patient contact, after contact with patients surrounding, before aseptic procedure and after body fluid exposure risk)”, and before PPE and after removing PPE.

HCW should perform hand hygiene using alcohol-based hand rub for 20 seconds or by washing with soap and water for at least 40 seconds. If hands are visibly soiled, use soap and water for hand wash.

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds

1a  **1b**  **2** 

Apply a palmful of the product in a cupped hand, covering all surfaces;

Rub hands palm to palm;

3  **4**  **5** 

Right palm over left dorsum with interlaced fingers and vice versa;

Palm to palm with fingers interlaced;

Backs of fingers to opposing palms with fingers interlocked;

6  **7**  **8** 

Rotational rubbing of left thumb clasped in right palm and vice versa;

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

Once dry, your hands are safe.

 **World Health Organization**

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

All measurable interventions have been shown by the World Health Organization to reduce the transmission of infections in health care. However, the greatest impact is being achieved through simple measures such as hand hygiene. The responsibility for the introduction and use of the measure lies with the user. In no event shall the World Health Organization be liable for damages arising from the use of this information. For further information, in particular for members of the Global Infection Prevention, for free, please get in touch with the nearest WHO office.

May 2020

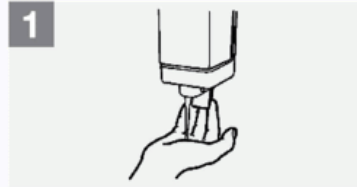
How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

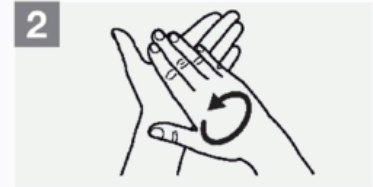
 **Duration of the entire procedure: 40-60 seconds**



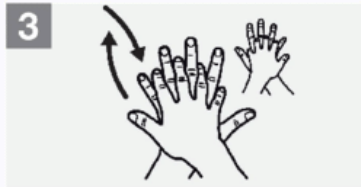
0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



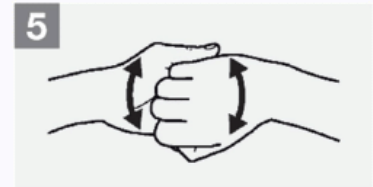
2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



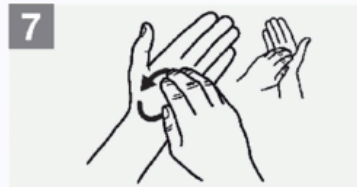
4 Palm to palm with fingers interlaced;



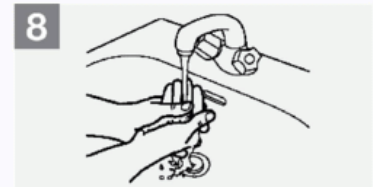
5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



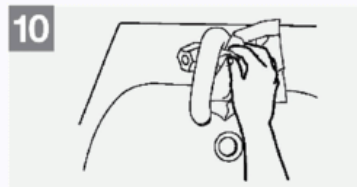
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



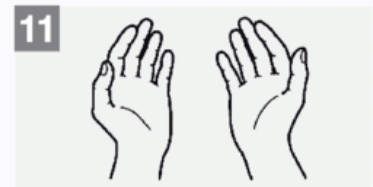
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.



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Clean Your Hands

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May 2009

Respiratory Hygiene:

Minimize personnel during aerosol generating procedure (e.g. Tracheal intubation, Non-invasive ventilation, tracheostomy, cardiopulmonary resuscitation, manual ventilation before intubation, bronchoscopy, open suctioning of respiratory tract).

Avoid nebulizing the patient wherever possible (Metered Dose Inhaler with Spacer is as good as nebulization)

PPE (PERSONAL PROTECTION EQUIPMENT)

**BASIC KIT
45GSM**



**MEDIUM KIT
70GSM**



**ADVANCED KIT FOR ICU
180GSM**



WHO SHOULD USE

**All Housekeeping Staff
Canteen Workers
Administrative Staff
Pharmacy Staff
All Visitors**

**All OPD Staff
Pathology Staff
Radiology Staff
Ambulance Staff
Mortuary Staff
OT Staff
Patient's Attendants**

**Doctors in ICU
Intensivists
ICU Nursing Staff
Housekeeping Staff Inside ICU
All who are in Direct Contact
with Positive Cases.**

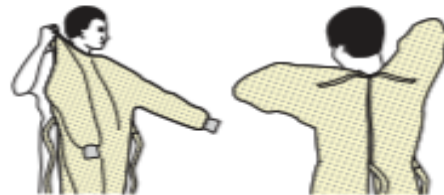
Toll Free No. : 1800-270-5530

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



4. GLOVES

- Extend to cover wrist of isolation gown



USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container



4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS
BECOME CONTAMINATED AND IMMEDIATELY AFTER
REMOVING ALL PPE**



Housekeeping कार्यशैली

फर्श की सफाई:

- ❖ पोछा लगाने के लिए तीन बाल्टी सिस्टम (3 bucket system) का इस्तेमाल करें.
- ❖ Treatment Room से लायसोल लेकर टॉयलेट में सलूशन बनाएं
- ❖ 15ml लायसोल को 1 liter पानी में मिलाएं
- ❖ पोछा हमेशा एक ही दिशा में लगाएं
- ❖ एक शिफ्ट में एक बार पूरे वार्ड का पोछा जरूर लगाएं / जरूरत पड़ने पर अतिरिक्त पोछा लगाएं
- ❖ पोछा लगाने के बाद सलूशन को टॉयलेट में फेंक दें

टॉयलेट की सफाई:

टॉयलेट 1% हाइपोक्लोराइट (ताजा बना हुआ) से साफ़ करें.
प्रत्येक शिफ्ट में **दो बार** साफ़ करें
जरूरत पड़ने पर अतिरिक्त साफ़ करें

दीवारों की सफाई:

दीवारें 1% हाइपोक्लोराइट (ताजा बना हुआ) से साफ़ करें.
प्रत्येक दिन में **एक बार** साफ़ करें
जरूरत पड़ने पर अतिरिक्त साफ़ करें

टाली / व्हीलचेयर की सफाई:

किसी भी टाली / व्हीलचेयर को वार्ड से बहार भेजने से पहले साफ़ 1% हाइपोक्लोराइट (ताजा बना हुआ) से करें

चप्पलों की सफाई:

चप्पलें 1% हाइपोक्लोराइट (ताजा बना हुआ) से साफ़ करें.
प्रत्येक दिन में **एक बार** साफ़ करें
जरूरत पड़ने पर अतिरिक्त साफ़ करें

1% हाइपोक्लोराइट को दो तरीके से बनाएं :

- 250 ml 4% हाइपोक्लोराइट + 750 ml पानी = 1 लीटर सलूशन
- दो बड़े चमच सूखा ब्लीचिंग पाउडर (30 ml) + 1 लीटर पानी = 1 लीटर सलूशन

(जब इस्तेमाल करें तभी सलूशन बनाएं और एक घंटे बाद फेंक दें)

डस्ट बिन से थैलियां निकालने के बाद बाल्टी, डस्टबिन इत्यादि को 1% हाइपोक्लोराइट से साफ़ करें और 20 min सूखने दें
प्रत्येक शिफ्ट में एक बार साफ़ करें . जरूरत पड़ने पर अतिरिक्त साफ़ करें

हर 24 घंटे में पोछा और सफाई में काम आने वाले कपडे बदलें
पुराने पोछे या कपडे को 1% हाइपोक्लोराइट से धोकर धुप में सुखाकर पुनः उपयोग में लें

सफाई कार्य पूरा होने के बाद ग्लव्स, मास्क, एप्रन, इत्यादि को निर्धारित बेग में दाल दें.

साबुन और पानी से अच्छे तरह से हाथ धोएं

SEGREGATION OF HOSPITAL BIO-MEDICAL WASTE

GENERAL WASTE

Kitchen Waste,
Paper & Tissues &
Water Bottles & Cans



DISPOSAL

Secured
Land Filling

INFECTED PLASTICS

Syringes, Gloves &
Plastic Waste



Secured
Land Filling

INFECTED WASTE

Soiled, Anatomical,
Chemical Liquid, Cytotoxic,
Laboratory Waste,
Expired & Discarded
Medicines



Deep Burial

GLASSWARE

Antibiotic Vials,
Metallic Implants,
Glassware
Material
Except Cytotoxic



RE-Cycle

SHARPS

Needles &
Cut Glasses



Sharp Pit

