



Bethesda
Faith. Service. Inclusion.

UNIVERSAL PRECAUTIONS AND PERSONAL PROTECTIVE EQUIPMENT

ABSTRACT

A compilation of resources to guide staff in protecting
themselves and others

This resource is a compilation of resources sourced from the BC Centre for Disease Control, CLBC, World Health Organization, BC Ministry of Health, Public Health Ontario, etc.

Each organization should also include their policy on the use of Universal Precautions.

Disclaimer: Websites have been referenced with date sourced and cannot be relied on to remain in place if website administrators remove or relocate information. Information provided from each source represents their material and not the compiler of this training resource. Reference to PDF documents show the date information was sourced and any copyrights will be embedded in the PDF document. Please refer to the source websites for the most up-to-date information.

The compiler of these resources makes no claim that the information provided is accurate or complete. Sources referenced should be contacted for more information.

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Training Module 1: Our Policy on Universal Precautions

Universal Precautions are Essential

Adhering to Universal Precautions Standards is important for all of us here at Bethesda to be sure we protect all our safety and provide the best possible care to the people we serve.

For the most up-to-date information on Universal Precautions, please review [Bethesda's policy](#) on Universal Precautions. In addition to this policy, please regularly refer to the most recent COVID-19 Resource Response Guide available on ShareVision, on the [COVID-19 Info – ALL STAFF](#) page.

Training Module 2: Handwashing Demonstration

Handwashing is the #1 Protector

Pay close attention to all the steps involved in this short video clip, posted on YouTube on March 26, 2019 by the Department of Hospital Epidemiology and Infection Control (HEIC), John Hopkins Medicine, the John Hopkins Hospital, demonstrating techniques from the World Health Organization.

<https://www.youtube.com/watch?v=lisgnbMfKvI>



Sourced: April 8, 2020.

Training Module 3: Handwashing Basics

Learn Tips Here about Handwashing

Why, when, how, and some other ways to minimize risks.

Open and print this page, or review materials online:

<http://www.bccdc.ca/health-info/prevention-public-health/hand-hygiene>

Sourced: April 8, 2020.

Training Module 4: Handwashing Poster

Handwashing Poster – The Steps Involved

Be sure to review this step-by-step handwashing poster to be sure you remember all the steps. Open the following link to download the World Health Organization poster on handwashing:

https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf?ua=1

Sourced April 8, 2020.

Training Module 5: Personal Protective Equipment Demonstration

PPE Demonstration

Watch this short YouTube video clip on the steps involved in putting on Personal Protective Equipment, posted by Public Health Ontario, April 13, 2017.

<https://youtu.be/s2z1uM1fXN8>

Sourced April 8, 2020.

Fraser Health has also provided a YouTube video, showing proper procedures for donning and doffing Personal Protective Equipment. You can view it here:

https://www.youtube.com/watch?v=_D0HtUCkUS4&feature=youtu.be

Sourced April 17, 2020.

Steps for Donning and Doffing PPE for Droplet Precautions (Fraser Health)

Donning

1. Droplet Precautions PPE is required for all entry to a room where there is a patient suspected or confirmed of having COVID-19 and for all testing of COVID-19 suspect or confirmed cases.
2. PPE includes:
 - a. Gown
 - b. Surgical or procedure mask
 - c. Protective eyewear or face shield
 - d. Gloves
3. Ensure all items are on-hand prior to donning PPE.
4. Perform hand hygiene, using alcohol-based hand rub. Rub hands until dry, ensuring all surfaces are covered.
5. Ensure hair is securely tied back if required.
6. Put on a long-sleeved disposable gown, inserting thumbs into thumb holes, if applicable.

7. Tie neck and waist ties securely
8. Put on a surgical or procedure mask, placing the mask over nose and under chin. Mold the metal piece (if applicable) to the bridge of nose. Secure the ties, loops and straps.
9. Put on a pair of gloves, pulling completely over the cuff of the gown sleeves

Doffing

1. PPE must be removed inside the patient's room, at least 2 metres away from the patient.
2. To remove gloves, grab the outside edge near the wrist of one side and peel away, rolling the glove inside out. Reach under the second glove and peel away. Discard gloves immediately in the garbage.
3. Perform hand hygiene, using alcohol-based hand rub. Rub hands until dry, ensuring all surfaces are covered.
4. To remove the gown, untie the waist ties, then the neck ties. Peel the gown forward, using the outer side at the shoulder. Turn the gown inward and roll off the arms into a bundle. Discard immediately into the garbage.
5. Perform hand hygiene, using alcohol-based hand rub. Rub hands until dry, ensuring all surfaces are covered.
6. Remove surgical or procedure mask by grasping the ear loops. Do not touch the front of the mask. Discard immediately into the garbage.
7. To remove eye protection or a face shield, only handle the back straps. Do not touch the front of the face shield. Immediately place the shield in the garbage (or appropriate location to be washed).
8. Perform hand hygiene, using alcohol-based hand rub. Rub hands until dry, ensuring all surfaces are covered.

Steps for donning and doffing PPE for Aerosol Generating Procedures (Fraser Health)

Donning

1. If you are performing an aerosol generating procedure, you will require an N95 respirator, in addition to the standard Droplet Precautions PPE.
2. Perform hand hygiene, using alcohol-based hand rub. Rub hands until dry, ensuring all surfaces are covered.
3. Ensure hair is securely tied back if required.

4. Put on a long-sleeved disposable gown, inserting thumbs into thumb holes, if applicable.
5. Tie neck and waist ties securely
6. Ensure you have selected the correct size of N95 respirator you were fitted for.
7. Place respirator over the mouth and nose.
8. Mold the top of the respirator to the bridge of the nose. Be sure to perform a user seal check.
9. Put on a face shield and adjust to fit. The face shield should fit over the eyebrows.
10. Put on a pair of gloves, pulling completely over the cuff of the gown sleeves

Doffing

1. If you are wearing an N95 respirator, it must be removed outside the patient room, after closing the door. Follow the steps below for removing all other PPE inside the room, then exit the room, close the door, and follow the steps for removing the N95 respirator.
2. To remove gloves, grab the outside edge near the wrist of one side and peel away, rolling the glove inside out. Reach under the second glove and peel away. Discard gloves immediately in the garbage.
3. Perform hand hygiene, using alcohol-based hand rub. Rub hands until dry, ensuring all surfaces are covered.
4. To remove the gown, untie the waist ties, then the neck ties. Peel the gown forward, using the outer side at the shoulder. Turn the gown inward and roll off the arms into a bundle. Discard immediately into the garbage.
5. Perform hand hygiene, using alcohol-based hand rub. Rub hands until dry, ensuring all surfaces are covered.
6. To remove eye protection or a face shield, only handle the back straps. Do not touch the front of the face shield. Immediately place the shield in the garbage (or appropriate location for washing).
7. Perform hand hygiene, using alcohol-based hand rub. Rub hands until dry, ensuring all surfaces are covered.
8. Exit the patient room and close the door.
9. Remove the N95 respirator by pulling the bottom strap over the back of your head, followed by the top strap, without touching the front of the respirator. Dispose immediately in garbage.
10. Perform hand hygiene, using alcohol-based hand rub. Rub hands until dry, ensuring all surfaces are covered.

Aerosol Generating Procedures Examples

Aerosol Generating Medical Procedures include:

1. High Risk
 - a. Endotracheal intubation & extubation
 - b. High frequency oscillatory ventilation
 - c. Bag mask ventilation
 - d. Bronchoscopy and bronchoalveolar lavage
 - e. Laryngoscopy
 - f. Positive pressure ventilation (BiPAP & CPAP)
 - g. Autopsy of lung tissue
 - h. Nasopharyngeal washing, aspirate and scoping
 - i. Sputum induction
2. Other
 - a. Airway suctioning
 - b. High-flow oxygen (including single and double O2 set ups, Optiflow and Airvo)
 - c. Breaking closed ventilation system, intentionally (e.g. open suctioning), unintentionally (e.g. patient movement)
 - d. Cardio-pulmonary resuscitation (CPR)
 - e. Tracheostomy care
 - f. Chest physiotherapy (manual and mechanical cough assist device (MI-E)
 - g. Administration of aerosolizing or nebulizing medications
 - h. Abscess/wound irrigation (non-respiratory TB)

Sourced from

<http://ipac.vch.ca/Documents/Acute%20Resource%20manual/Aerosol%20Generating%20Medical%20Procedures.pdf> on April 17, 2020.

Training Module 6: Poster on Donning PPE

Open and print this simple guide on how to put on different forms of PPE:

http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19_MOH_BCCDC_Donning.pdf

Sourced from the BC Centre for Disease Control on April 8, 2020.

Training Module 7: Guidance for Social Service Providers

Interim Guidance for Social Service Providers on COVID-19 from the Ministry of Health

Open this guide for more information about Novel Coronavirus (COVID-19) for CLBC funded service providers:

https://www.communitylivingbc.ca/wp-content/uploads/Reducing-transmission-of-COVID-19-in-social-sector-settings-April-4_FINAL.pdf

Sourced April 5, 2020.

NOTE: This guide should be replaced when new information is made available. Please source information from <https://www.communitylivingbc.ca/for-service-providers/information-about-the-novel-coronavirus-covid-19-for-clbc-funded-service-providers/>.

Training Module 8: Frequent Cleaning and Disinfection

1. Wear disposable gloves when cleaning and disinfecting surfaces and discard after each cleaning. Wash hands immediately after removing gloves.
2. Water and detergent (e.g. liquid dishwashing soap) or common household cleaning wipes should be used for cleaning surfaces.
3. Apply firm pressure while cleaning.
4. Surfaces should be cleaned at least once a day.
5. Next, use a store bought disinfectant or diluted bleach solution, one part bleach to 9 parts water, and allow the surface to remain wet for one minute.
6. Clean and disinfect surfaces that are touched often (e.g. counters, tabletops, doorknobs, toilets, sinks, taps, etc.) at least twice a day and immediately after exposure to a symptomatic client.
7. For soft surfaces (e.g. carpet, rugs, curtains), remove any visible contamination and clean with the appropriate cleaners for the surface. If possible after cleaning, launder items in the warmest appropriate water and allow to dry completely.
8. Any equipment that is shared between clients should be cleaned and disinfected before moving from one client to another.
9. If a client is suspected or confirmed for COVID-19 and has moved through your setting, clean the entire room/bed space area, including all touch surfaces (e.g. overhead table, grab bars, handrails). Store bought disinfectant or ready-to-use wipes can be used. Always follow the manufacturer's instructions.
10. Wash items according to manufacturer's instructions. If possible, wash with detergent at the warmest water settings possible for the items and dry completely. Dirty laundry from an ill person can be washed with other items. Hand hygiene should be performed after handling laundry.
11. You do not need to close your facility if an individual with suspected or confirmed COVID-19 has been in your setting, however proper cleaning and disinfection of the rooms and surfaces within the facility contacted by the symptomatic person is required as listed above.

Important Notes:

- Ensure the disinfectant product has a Drug Identification Number (DIN) on its label or use diluted bleach, one part bleach in 9 parts water.
- Follow product instructions for dilution and wet contact time.
- Ensure the safe use of cleaning products. This includes the use of gloves, good ventilation, etc. and other precautions advised by the manufacturer's instructions on the product label.

- Clean surfaces and items to remove visible debris from visibly soiled surfaces before disinfecting, (unless otherwise stated on the product instructions).

Sample Quiz

Here's one example of a quiz if you are using ShareVision and want to use the training tool:

1. Which of the following items would be considered PPE?
 - ☐ Gloves
 - ☐ Masks
 - ☐ Eye Protectors
 - ☐ All of the above
2. What is an essential component of all universal precautions to prevent the spread of infection?
 - ☐ Wearing a mask
 - ☐ Washing hands
 - ☐ Keeping people in their rooms
3. What should you use to turn off the faucet after you have washed your hands thoroughly?
 - ☐ A paper or other single use towel
 - ☐ Your clean hands
 - ☐ A stick
4. When is it necessary to wash your hands?
 - ☐ (1) Before eating or feeding someone else
 - ☐ (2) After eating or feeding someone
 - ☐ (3) Before preparing food
 - ☐ (4) After handling raw meat
 - ☐ (5) After using the washroom or helping someone use the washroom
 - ☐ (6) Before and after providing personal care
 - ☐ (7) After cleaning or handling garbage
 - ☐ (8) All but 2 above
 - ☐ (9) All of the above
5. Alcohol-based hand rubs don't work when:
 - ☐ (1) Your hands are wet
 - ☐ (2) Your hands are greasy
 - ☐ (3) Your hands are visibly dirty
 - ☐ (4) You don't have enough to cover all the surfaces of your hands and fingers
 - ☐ (5) All of the above
 - ☐ (6) Only 1 and 3 above

6. To safely clean up spills of blood or other body fluids, with what should you wipe the floor or any contaminated surfaces?
 - A disinfectant solution made of vinegar and water
 - A disinfectant solution made up of bleach and water
 - Soap and water
7. What are some surfaces it is important to clean regularly to prevent spread of infection?
 - Everywhere all the time
 - High touch areas such as doorknobs, light switches, telephones, keyboards, cell phones, toilets, sinks, and taps
 - Only places someone with an infection has touched
8. Why is handwashing with plain soap recommended over anti-bacterial hand sanitizers or wipes?
 - (1) It removes the dirt and grease that attract bacteria
 - (2) It is cheaper
 - (3) It is easier to find
 - (4) It will not remove the good bacteria that lives on hands
 - (5) 2 and 4 above
 - (6) 1 and 4 above
 - (7) All of the above
9. What is Respiratory Etiquette?
 - (1) Deep breathing to control your temper
 - (2) Coughing into a tissue and/or your elbow and washing hands immediately after
 - (3) Wearing a surgical/procedural mask if you have one
 - (4) Using a home-made mask or bandana offering some form of protection
 - (5) Holding your breath
 - (6) 2,3 and 4 above
 - (7) All of the above
10. The BC Ministry of Health has identified the following as the most effective measures for preventing the spread of viruses such as COVID-19 that are spread through droplets:
 - Physical distancing
 - Hand hygiene
 - Respiratory etiquette
 - Disinfecting protocols
 - All of the above

Answer Key

1. Which of the following items would be considered PPE?	All of the above
2. What is an essential component of all universal precautions to prevent the spread of infection?	Washing hands
3. What should you use to turn off the faucet after you have washed your hands thoroughly?	A paper or other single use towel
4. When is it necessary to wash your hands?	All of the above
5. Alcohol-based hand rubs don't work when:	All of the above
6. To safely clean up spills of blood or other bodily fluids, with what should you wipe the floor, or any contaminated surfaces?	A disinfectant solution made up of bleach and water
7. What are some surfaces it is important to clean regularly to prevent spread of infection?	High touch areas such as doorknobs, light switches, telephones, keyboards, cell phones, toilets, sinks and taps
8. Why is handwashing with plain soap recommended over anti-bacterial hand sanitizers or wipes	1 and 4 above
9. What is Respiratory Etiquette	2,3 and 4 above
10. The BC Ministry of Health has identified the following as the most effective measures for preventing the spread of viruses such as COVID-19 that are spread through droplets:	All of the above