

## Nursing Skills

# Standard Precautions

## Procedure

### PROCEDURE STEPS

1. Perform hand hygiene using either an alcohol-based hand rub until dry or soap and water, rubbing the hands together for at least 20 seconds



IMAGE 2

**Ayliffe Technique To Cleanse Hands**

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2. When visibly soiled or when caring for a patient suspected of infection with a spore-forming pathogen, hands should be washed with soap and water rather than cleaned using an alcohol-based hand rub<sup>6</sup>
3. Don appropriate PPE, prior to patient contact<sup>6</sup>
4. Don a protective gown if contamination of clothing is anticipated<sup>10</sup>
5. Don face mask if there is a risk for splashing or spraying of blood or body fluids, or when inserting a catheter or injecting materials in the epidural/subdural space to prevent contamination of the site by the clinician's oropharyngeal secretions<sup>10</sup>
6. Don eye protection or face shield if there is a risk for splashing or spraying of blood or body fluids<sup>10</sup>
7. Don gloves if contact with blood or body fluids, nonintact skin, mucous membranes, or contaminated surfaces is anticipated<sup>10</sup>
8. Apply and remove gloves carefully to avoid puncturing or tearing
9. Perform hand hygiene and don a new pair of gloves when moving from a dirty to a clean body area or activity (for example, after assisting with toileting, perform hand hygiene and apply a new set of gloves before providing oral care)
10. Do not wash gloves

11. Maintain safe injection practices
12. Follow general aseptic non-touch technique (ANTT) when preparing or administering medications
13. Clean the top of the medication vial to be accessed with 70% alcohol prior to use
14. Avoid the use of multi-dose vials for > 1 patient
15. Do not reinsert a used syringe (with or without a new needle) into a medication container, use a single-dose vial for > 1 patient, reuse a syringe to administer medications to > 1 patient, or reuse I.V. administration sets
16. Dispose of sharps at the point of care in an appropriate point-of-care sharps container that is puncture-resistant, leak-proof, and sealable<sup>6</sup>
17. Adhere to facility protocols regarding the safe handling and disposal of contaminated materials.  
[More about contaminated materials](#)
18. Adhere to respiratory hygiene or cough etiquette<sup>6</sup> [More about respiratory hygiene or cough etiquette](#)

## Contaminated Materials

### CONTAMINATED MATERIALS

- Handle contaminated equipment in a manner that prevents transfer of pathogens to the clinician or the environment
- Promptly dispose of items that are soiled with blood or body fluids in a designated biohazard bag or a facility-approved soiled linen container
- Take contaminated, reusable items to the appropriate location for cleaning and disinfection or sterilization
- Verify that the environment is routinely cleaned and disinfected, particularly those areas that are most likely to be contaminated

## Respiratory Hygiene or Cough Etiquette

### RESPIRATORY HYGIENE OR COUGH ETIQUETTE

- Offer masks to symptomatic patients and visitors
- Provide supplies/resources for patients and visitors to perform hand hygiene as needed
- Educate symptomatic patients and visitors to cover the nose and mouth with tissue or wear face mask when coughing/sneezing
- Educate symptomatic patients and visitors to promptly dispose of used tissues and wash hands thoroughly
- Advise symptomatic patients and visitors to sit at least 3 feet away from others if coughing

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