

## Items to keep on hand to protect you and your associates

- Gloves
- Disinfectant
- Sharps container
- Red bag (or double bag with clear plastic bags)



### Other Resources:

- [www.osha.gov](http://www.osha.gov)
- [www.cdc.gov/niosh/](http://www.cdc.gov/niosh/)
- Utah Occupational Safety and Health (UOSH): (801) 530-6901



Bureau of Sanitation & Safety  
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"To promote & protect community & environmental health."

## Who Should be Vigilant About Universal Precautions? *Everyone!*



801-313-6641



# What are universal precautions?

*Universal precautions are infection control guidelines designed to protect people from exposure to diseases spread by blood and certain body fluids.*

## Should universal precautions be applied to all places?

YES, whenever there is a chance for people to be exposed to blood and other body fluids.

Universal precautions should be applied to all bodily fluids when it is difficult to identify the specific body fluid or when body fluids are visibly contaminated with blood.

SO, DO NOT TAKE CHANCES, treat all body fluids as if they contained blood.

## How can a person prevent exposure to blood and body fluids?

Barriers should be used for protection against exposure to blood and other body fluids.

Depending on the type of service you are providing, Personal Protective Equipment (PPE) can include disposable gloves, lab coats, gowns, shoe

covers, goggles, glasses with side shields, and masks.

To protect yourself from blood borne diseases like HIV/AIDS, you should have accessible at the very least disposable gloves and a hazardous medical waste container.



If a person is bleeding, DO NOT try to stop the bleeding yourself unless you are wearing protective gloves or other barriers. The injured person can take steps to stop the bleeding themselves, reducing the chances of exposing others to their blood. If you do not have protective gloves available, give the bleeding person a towel, paper towel or something they can hold against and apply pressure to the area that is bleeding.

## How should items possibly contaminated with body fluids be cleaned?

Any items possibly containing blood or body fluids should be disposed of in a disposable, sealable container by the individual involved in the incident, unless someone wearing protective gloves has been assisting them.

If a special waste container is not available, the bloody towel, etc., should be placed in a plastic bag and then placed in another plastic bag (double bagged) and placed in the garbage.

Everyone involved in the incident should immediately wash their own hands.

Anyone wearing protective gloves should first wash their hands with the gloves on, then remove the gloves, dispose of them in a medical waste container or double bag them, and then wash their hands one more time.



## How should surfaces possibly contaminated with body fluids be cleaned?

All equipment and surfaces that have been contaminated by body fluids should be washed with hot soapy water and then sanitized.

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