

ABI Resources LLC Hand-washing Policy

PURPOSE

To prevent the spread of blood-borne pathogens and Other Potentially Infectious Material (OPIM), in accordance with Occupational Safety and Health Administration (OSHA) standards.

POLICY

1. ABI Resources LLC requires that its employees, who provide personal care, wash their hands:
 - a. when arriving on the jobsite;
 - b. before and after eating;
 - c. after using the bathroom;
 - d. before and after caring for individual clients;
 - e. between task and procedures on the same client to prevent cross-contamination of different body sites;
 - f. after handling bed pans, urinals, catheters and linens;
 - g. after changing tampons or sanitary pads;
 - h. after changing children's diapers;
 - i. after changing adult incontinence pads;
 - j. before and after assisting client with toileting;
 - k. before and after direct contact with blood, body fluids secretions, excretions and contaminated items;
 - l. after cleaning areas, which are contaminated with blood or body fluids.
 - m. before and after using gloves;
 - n. after disposal of gloves or other personal protective equipment;
 - o. before and after preparing food;
 - p. after blowing nose, sneezing or coughing; and,
 - q. when leaving the job site.
2. If available, the following shall be used for washing hands:
 - a. paper towels;
 - b. cloth towels; and,
 - c. liquid soap;
3. If these items are not available, the following shall be used:
 - a. bar soap (thoroughly drain between usages); and,
 - b. waterless hand washing products.



PROCEDURES

1. Washing Hands with Water:

- a. Turn tap on.
- b. Run water until it reaches a warm temperature.
- c. Hold hands under water flow.
- d. Apply soap so that it totally covers both hands and work soap into a frothy lather, rubbing vigorously,
- e. Clean thoroughly under nails, between fingers and on backs of hands.
- f. Wash for at least 15 – 30 seconds.
- g. Rinse hands thoroughly under running water starting at the fingertips and flowing towards the wrists, in order that the dirty water runs off the wrists.
- h. If a bar of soap is used, it should be rinsed and placed on a drain.
- i. Dry hands on a clean cloth towel or on a paper towel.
- j. Use a dry section of the towel to turn off the tap.
- k. Use a moisturizing cream on hands regularly to prevent skin from drying and cracking.

1. Step-by-Step Directions for Washing Hands:

- a. Rub palms of both hands together:



- b. Interlace fingers of one hand over palm of other hand; then switch hands:



- c. Rub palms of both hands together:



- d. Place back of fingers of one hand to palm of other hand, interlacing hands; then switch hands:



- e. Rotate thumb of one hand in palm of other hand; then switch hands:



- f. Rotate fingertips of one hand into palm of other hand; then switch hands:



2. Washing Hands Without Water:
- a. If hands are not visibly soiled, an alcohol-based hand rub may be used.
 - b. When using alcohol-based hand rubs, apply the product to the palm of one hand and rub hands together, covering all surfaces of hands and fingers until hands are dry.
 - c. When using an antiseptic hand cleanser or an antiseptic towelette:
 - i. use the antiseptic according to its instructions;
 - ii. dry hands with a clean towel or a paper towel;
 - iii. clean under the nails and between the fingers carefully; and,
 - iv. use this method only if water is not available.

