

# Universal Precautions

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**PURPOSE:** To protect individuals from any communicable disease.

**EQUIPMENT:**  Gloves  Red biohazard bag  
 Soap and water  Disposable gown

- ACTION:**
1. Wash your hands before contact with anyone you are helping. Use soap and warm water, rub your hands together to create suds, and continue rubbing for approximately 20 seconds (about the length of time it takes to sing the ABC song). Be sure to scrub between fingers and under nails. Rinse well and then dry with a towel.
  2. If you must be in contact with their feces, urine, vomit or blood, use gloves. Wash your hands after removing the gloves.
  3. To remove gloves without spreading germs, never touch your skin with the outside of either glove.
  4. Grasp the palm of one glove near your wrist. Carefully pull the glove off.
  5. Hold the glove in the palm of the still-gloved hand.
  6. Slip two fingers under the wrist of the remaining glove.
  7. Pull the glove until it comes off inside out. The first glove should end up inside the glove you just took off.
  8. Dispose of gloves safely.
  9. Put items you have cleaned up with in a red biohazard bag.
  10. If you are splashed with any body fluids in the mouth or eyes, flush the area right away with water. Report this to the nurse in charge.
  11. Do not pick up used needles or lancets or other contaminated items without wearing protective gloves.
  12. If you accidentally prick yourself with a needle or lancet, notify the nurse.
  13. If you are helping in any procedure and may be splashed with body fluids, wear a disposable gown and gloves.

**NOTE:** Good hand washing will go a long way in preventing disease.