**Cross Infection** (LO 1.2)

Bacteria and viruses are part of the natural world we live in but there are simple precautions we can take to minimise the risk of infection and cross infection.

Handwashing is the chief method of preventing bacterial cross infection – soap and water followed by hand drying is effective.

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

Blood borne viruses (BBV) are carried by some people in their blood. The main causes of concern are Hepatitis B (HBV) and Human Immunodeficiency Virus (HIV) Presently we need to consider the risk of infection from Coronavirus which is spread by droplets expelled from the lungs during coughing and sneezing. Coronavirus enters the body through the eyes, nose and mouth.

In the workplace contamination can also happen from sharp objects or contamination from open wounds.

To protect yourself and others – take the following actions when assessing or treating a casualty:

* Wear gloves when dealing with blood or any other bodily fluid
* Cover any cuts or grazes on your skin with a waterproof dressing
* Use suitable eye protection and a disposable plastic apron where splashing is possible
* Use face shields or pocket masks when giving rescue breaths
* Wash your hands after each procedure.

**To reduce the risk of cross infection of the Coronavirus:**

Pay attention to hand hygiene and wash hands before and after contact with a casualty. Use alcohol based hand-sanitiser if hand washing facilities are not available

Exercise physical distancing if possible – stay 2 metres (6 feet) away from the casualty

Consider the need for PPE (Personal, protective equipment) – wear gloves, face mask and eye protection if required

**Swift First Aid**

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