

Unit Four - Safe and Sound

Patient and Employee Safety - Student Lecture Guide

Name _____ Date _____

Safety

- Freedom from danger, risks, and injury.
- Quality health care begins with the safety of the patient and the health care worker.
- You must know how to respond if an emergency occurs.

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Safety

QUESTIONS:

- What are some personal safety practices that you do everyday?

- “That looks like an accident waiting to happen”.

– Causes of common accidents can be prevented.

Prevention

- The best way to control accidents and injuries is to **prevent** them.

- Regular safety training is required of health care workers.

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- Learn how to modify your environment to create safe working conditions.

Governing Agencies

- Occupational Safety and Health Administration (OSHA)

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- Centers for Disease Control & Prevention (CDC)

– Set standards for accidental transmission of diseases.

- Food and Drug Administration (FDA)

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OSHA Standards

- Employees have the right to know what hazards are present in their environment.
- Employers are required to train and offer immunizations to high-risk employees in the first 10 days of a new job.

- Health care agencies and facilities must address:

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– Injury & illness program

– Hazard communication program

– Exposure control plan

Material Safety Data Sheets

- Required by OSHA – all employees must be told about all hazards and chemicals in the workplace.

- Manufacturers are required to provide a copy of the MSDS for all products they sell.

- Formats are not standard, however the information that must be covered in an MSDS are standard.

Material Safety Data Sheets

- The MSDS should contain:

– Manufacturer’s name and address.

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– Physical appearance and how to recognize it.

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– Fire and explosion data.

– Reactivity level (stability, decomposition).

– Personal protective equipment (PPE) required when handling the chemical.

– Leak/spill disposal procedures.

– Hazard rating for the chemical.

Material Safety Data Sheets

– Health hazard information

- Methods of exposure.

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- Personal protective equipment required.

–Occupational control measures

- Exposure limits.

–Storage & special information

–Hazard rating for the chemical

- 0 =

- 4 =

Material Safety Data Sheets

- Labels

–All chemicals must be properly labeled.

–If a label is not readable or is missing, it must be replaced or the chemical disposed of.

–Must include chemical name, hazard warning, and manufacturer’s information.

- Failure to comply can result in large fines for health care institutions.

Waste Handling

- Huge fines are also given for improper medical waste disposal.

–Sharp instruments

- Must be disposed of in “sharps containers”, securely affixed to a wall or counter to avoid tipping.

- Containers cannot be emptied & re-used.

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- Red bag with biohazard label.

Waste Handling

–Chemotherapy wastes

- Yellow bag with chemotherapy label.

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- Handled only by nuclear medicine or by radiological health.

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- Bagged with clearly identifiable label as to the material contained.

Spill Response

- The general spill response is to:

–Isolate the area to prevent personnel exposure and spreading of material.

–Notify supervisor and other appropriate departments.

–Utilize Body Substance Precautions when cleaning up blood or other potentially infectious materials.

Preventing Accidents

- All members of the health care team must commit to safety.

●Every accident/injury must be documented and reviewed to help prevent future accidents.

●Poor judgment, physical limitation, and lack of training are a few of the causes of accidents.

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Preventing Accidents

- Accidents can be divided up in to two main categories:

–Accidents related to the physical environment and equipment.

–Accidents related to patient care.

Preventing Accidents

- Guidelines for preventing and reacting to accidents and emergencies:

–Know the environment, including the location of exits, stairs, fire alarms and extinguishers, call signals, paging systems, and emergency lights.

Preventing Accidents

–Know the safety policies and procedures for your facility.

–Operate only the equipment you are trained to use.

–Report accidents, spills, and damaged or malfunctioning equipment immediately.

–Do not use frayed or damaged electrical cords or ungrounded equipment.

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Preventing Accidents

–Never use any product that does not have a readable label.

–Read all labels at least three times before using the product.

–Read the MSDS for any product you will be using.

–Wear personal protective equipment when handling hazardous or unknown chemicals.

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Preventing Accidents

- Know how to report an accident or obtain emergency assistance.
- Use the right side of the hallway and stop at intersections.
- Allow others to exit before you enter stairways, doorways, or elevators.
- Wipe up spills and place litter in containers.
- Report any injury to yourself or others to your supervisor immediately.

Preventing Accidents

- Guidelines for patient safety:
 - Ensure that the patient knows how to operate call signals, emergency call lights, handrails, safety rails, and how to locate the bathroom.
 - Identify patient and explain a procedure before beginning.
 - Perform only those procedures for which you have been trained.

Preventing Accidents

- Report safety hazards, such as spills, loose carpet, or extremely hot food or drinks.
- Be aware of any changes in the patient and report them to your supervisor immediately.
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Fire Safety

- Fires are one of the dangers most feared by health care providers.
- A fire or threat of fire can be extremely frightening to patients who may be unable to leave a facility on their own.

Fire Safety

- Fire can occur in any setting when three elements are present.

-**Fuel:**

-**Heat:**

-**Oxygen:**

Types of Extinguishers

- 5 types are available, with ABC being the most common.

How to Use a Fire Extinguisher

- Remember the key word PASS:
 - P =
 - A =
 - S =
 - S = Sweep nozzle from side to side to displace oxygen away from the fire.
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Putting Out Fires

- If your clothes are burning, immediately drop to the ground and roll back and forth quickly.
 - Stop, drop, and roll.
- Do not use water for grease or electrical fires. Use an ABC or C only fire extinguisher or throw baking soda over the flames.
 - Shut off the main power supply for electrical fires.
- If the fire is small, you can try to put it out. However, if the flames begin spreading, evacuate immediately and call 911.

When a Fire Emergency Occurs

- Remember the key word RACE:
 - R =
 - A = Alarm. Assign someone to pull the alarm.
 - C = Contain. Close the windows and doors.
 - E =

Emergency Fire Rules

- Be prepared! Know your responsibilities.
- Know when and how to evacuate.
- Know where the fire alarms are located and how to activate them.
- Keep fire extinguishers in plain view and readily accessible.
- Practice fire safety and safe evacuation with patients and staff.

Emergency Fire Rules

- Keep areas uncluttered.
- Evacuate ambulatory patients first, then the wheel-chair bound, then the bed-bound.
- If possible, never leave a patient alone in a fire emergency.
- Never use an elevator in a fire situation.
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- Follow your facility's procedures when a fire is discovered.

Rules for Oxygen Use

- Post a "No Smoking – Oxygen in Use" sign.
- Remove all smoking materials, candles, lighters, and matches from the room.
- Avoid the use of electrically operated equipment whenever possible.
- Do not use flammable liquids such as alcohol, nail polish, and oils.
- Avoid static electricity by using cotton blankets, sheets, and gowns.

Disaster Preparedness

- In addition to fires, other types of disasters may occur.
- Examples include tornadoes, hurricanes, earthquakes, floods, and bomb threats.
- In any type of disaster:

- Follow the policy of the facility.
- Provide for the safety of yourself and the patients.

Disaster Preparedness

- All health care facilities are required to have a disaster plan.
- You are legally responsible for knowing the plan and responding when a disaster occurs.
- Rules to remember when a disaster strikes:

- Be sure that you are not in danger.
- Remove those who are in immediate danger, if it is safe to do so.

- Notify others of the emergency according to policy.

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Body Mechanics

- Positions and movements used to maintain proper posture and avoid muscle and bone injuries.
- Back injury is the number one injury experienced by health care workers while they are on the job.

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Principles of Body Mechanics

- Body alignment depends on the correct positioning of the head, back, and limbs.

Principles of Body Mechanics

- The body performs better when it is in alignment.
- Preserve the natural curves of the back.
- Proper standing position
 - Feet flat on floor, about 6-10 inches apart.

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Body Mechanics Failure

- Causes back problems including acute strains, sprains, disc strain and bulge, disc herniation, and fatigue.
- Prevention is the best cure for back pain.

Key Components of Body Mechanics

- Keep feet a shoulder-width apart – wide base of support.
- Always use two hands to move someone or something.
- Face the direction in which you intend to move. Never twist.

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- Keep your chin up and look straight ahead.

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Key Components of Body Mechanics (cont.)

- Bend at the hips and knees.
- Keep your back straight.
- Keep the object you are lifting close to your body.
- Exhale when you are lifting or exerting force.
- Tighten your abdominal muscles.
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Key Components of Body Mechanics (cont.)

- Push, pull, or slide instead of lifting.
- Pushing is the best technique for moving something large.
- Use the weight of your body to help you push or pull.
- Always ask for help whenever needed.
- Tell the patient what you are going to do and ask for the patient's help.

Ergonomics

- Promote the safety and well-being of a person by adapting the environment and using techniques to prevent injuries.
 - Correct placement of furniture and equipment.
 - Training in required muscle movements.
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 - Awareness of the environment to prevent injuries.

Ergonomics

- You spend a large portion of your day in the work environment.
- You should be comfortable, use good posture, and learn exercises to prevent getting stiff and sore.
- Your chair, desk, and computer must be adjusted to fit your needs.

Standard Safety Precautions

- Standard precautions are appropriate for all patients receiving care or service in a health care environment, regardless of their diagnosis.

- These precautions provide protection from contact with blood, mucous membranes, non-intact skin, and all body fluids.

Standard Safety Precautions

- Three diseases that can be contracted by exposure to body fluids include:

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Standard Safety Precautions

- Personal protective equipment
 - **Gloves:** wear when in contact with any body fluids or non-intact skin; wear when you have a rash, open sores, or chapped skin.
 - **Nonpermeable gowns:** wear during procedures that are likely to expose you to any body fluids.
 - **Mask, protective eyewear, face shield:** wear when splashes or droplets are likely (i.e. patient coughing continuously).

Patient Safety

- When you work directly with a patient you must always identify the patient to avoid mistakes.
- Ambulation devices must be structurally safe and covered with rubber tips to prevent slipping.
- Transporting devices (wheelchairs and gurneys) – brakes should be locked except when you are moving, secure straps or put up side rails, never leave patients unattended.

Patient Safety

- Postural supports/restraints – a physician's order is required by law, only used when a patient's safety is in jeopardy. Check patients frequently.
- Side rails – falls from beds are a common cause of injury.
 - Always in place at night.
 - Small children, heavily medicated patients, and confused or restless patients require side rails at all times.

Patient Safety

- Make sure you have the proper authorization to perform any procedure on a patient.
- Use correct and approved methods while performing any procedure.
- Provide privacy for all patients. Ask for permission to enter.
- Always identify the patient. Also identify yourself.
- Explain the procedure so the patient knows what you are going to do – informed consent.
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- Be alert to the patient's condition at all times.
- Observe all safety checkpoints before leaving.

It's Your Responsibility!

- Every health care worker must accept the responsibility for using good judgment in all situations, asking questions when in doubt, and following approved policies and procedures to create a safe environment.
- The health care worker has a legal responsibility to protect the patient from harm and injury.

Questions:

- If a glass bottle of medicine falls on the floor and breaks, what should you do?
- Why should yearly safety training be conducted at a health care facility?
- Which type of fire extinguisher is most commonly used and why?