

## Importance of Standard Precautions in the Hospital

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### Abstract

Standard safety measures plays an important role in hospital control as well as in issues related to biosafety and security of patients, professional and students active in direct or indirect health care delivery. Hospital setting has designed to help prevent contamination using hand hygiene, waste disposal, used for personal protective equipment's that are gowning, gloving, masks and eye shields and the practice of hand hygiene. Standard precaution are a set of infection control practices used to prevent transmission of diseases that can be acquired by contact with blood, body fluids, on-intact skin and mucous membranes. These measures are to be used when providing care to all individuals, whether or not they appear infections or symptomatic. The main motto is to prevent infection and to give a safer health environment.

**Keywords:** Safety Measures; Hand Washing

### Standard safety measure

Standard safety measures is a predetermined level of excellence that serves a guide for practice and a technique used for the control infection and reduce the number of micro-organism. It is help to prevent the microorganism in hospital to improve safety. I.e. reduce ride related to human health [1].

Standard Safety measures in Hospital:

- Hand Washing
- Gloving
- disposing of contaminated equipment
- Gowning
- Mask/Protective eye wear/cap [1].

This table describe the each steps clearly.

Techniques used standard safety measures refer: 1, 5 and 8.

Hand washing	Gloving	Gowning	Mask
<p>Total time required to wash hands properly: 30 seconds</p> <p>Step 1: Wet your hands and apply enough soap.</p> <p>Step 2: Rub your palms together</p> <p>Step: Rub the back of each hand.</p> <p>Step 4: Rub both your hands while interlocking your fingers.</p> <p>Step 5: Rub the back of your fingers. Rub the tips of your fingers.</p> <p>Step 6: Rub your thumbs and the ends of your wrists.</p> <p>Step 7: Rinse both hands properly with water.</p>	<ul style="list-style-type: none"> <li>• Ensuring your hands are clean</li> <li>• Choose the proper glove size, remove jewellery.</li> <li>• Wash hands thoroughly.</li> <li>• Keep hands above the wrist.</li> <li>• Open the sterile glove package.</li> <li>• Remove the inner wrap and pick up in dominant hand.</li> <li>• Touch only inside the glove cuff with dominant hand and let the glove hang with the fingers pointing downwards.</li> <li>• Ensure hands are not below the wrist and above the shoulders to ensure sterility, then slide dominant hand into the glove with palm facing up and finger open.</li> <li>• Slip on the second glove put the fingers of your gloved hand into the folded cuff of the other glove and lift it up keeping your second hand flat and palm facing up, place the glove over your hand.</li> <li>• Adjust your gloves once both gloves are on.</li> <li>• Check the gloves for rips.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform hand hygiene</li> <li>• Apply a clean gown.</li> <li>• Pick up a sterile gown and allow it to unfold in front without allowing it to touch any area.</li> <li>• Slide the arms and the hands through the sleeves.</li> <li>• Fasten the ties at the neck to keep the gown in place.</li> <li>• Overlap the gown at the back as much as possible and fasten the wrist ties or belt.</li> </ul>	<ul style="list-style-type: none"> <li>• Locate the top edge of the mask</li> <li>• The mask usually has a narrow metal strip along the edge.</li> <li>• Hold the mask by the top two strings or loops.</li> <li>• Place the upper edge of the mask over the head or serve the loops around ears.</li> <li>• Secure the lower edge of the mask, the chin and tie the lower ties at the nape of the neck.</li> <li>• If the mask has a metal strips, adjust ties over the bridge of the nose.</li> <li>• Wear the mask only once or once it become wet throw it.</li> </ul>

**Steps of processing**

- **Decontamination:** It makes instruments to clean by preventing blood, other body fluids and tissues from drying on them, 0.5 % chlorine solution is used for processing [3].
- **Cleaning:** Cleaning greatly reduces the number of micro-organisms by scrubbing with brush, detergent and water to remove blood, other body fluids, organic materials tissues and dirt.
- **Sterilization:** Sterilization may be classified as different way by boiling, gas sterilization with ethylene oxide or formaldehyde deep heat sterilization and moist heat sterilization, all these used to help the instruments and equipment as sterile [1].

- **Sharps and prevention:**
  - The sharp instruments like needles, sutures blades and any sharp instruments used in the surgery etc.
  - Don't recap, bend or break the needle
  - All sharps should dispose in a separate container properly
  - Use the hands-free technique when passing sharps during clinical procedure [2].
- **Spill Management:** Spill management in hospitals is very necessary due to combination of hazardous substances, busy environment and vulnerable patients. With the correct training and equipment in place, staff can minimize the risk to themselves to visitors to the patient [4-7].

### Conclusion

This article concludes the safety measurement used in health care setup. These are all the measurement to prevent the disease and safer environment to the health workers. There is a saying that prevention is better than cure. So, we can prevent the disease by using all this measure.

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