

Occupational Health and Infection Control Volunteer Orientation

In Hospital Volunteers



Topics to be discusse

- Hand Hygiene
- Isolation Signs
- What do to if you are sick?
- Influenza
- What do if you hurt yourself while carrying out your duties?
- Training Modules – Hand Hygiene and Routine Practices



Hand Hygiene

Why do I need to clean my hands?

- *Good hand hygiene is the single most important method of preventing the transmission of Infections*
- *Healthcare is a 'hands on' business*
- *Hospital patients are more vulnerable to infection.*



Proper Hand Washing

- You can help yourself and others stay healthy by washing your hands often, especially during these key times when germs are likely to get on your hands and can easily spread to others:
- Scrub your hands for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and after caring for someone who is sick
- **Before** and after treating a cut or wound
- **After** using the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** touching garbage
- What is the right way to wash your hands?
- Follow the five steps below to wash your hands the right way every time.
- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

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Other Considerations

- Long nails have been shown to harbour bacteria and damage gloves.
- False nails have been implicated in the transmission of bacteria.
- Nails should be Natural, Short and clean
- Use moisturizer frequently to prevent skin breakdown
- Jewelry can catch/tear gloves and harbor bacterial. Wrist jewelry and long sleeved clothing should be discouraged for good hand hygiene.



Isolation Signs

- Isolation signs are located on the patient's door, or if the patient is in a multi-bed area it will be pinned to the curtain.
- Volunteers:** Isolation signs mean **DO NOT ENTER**
- HELP volunteers** can enter Contact isolation **ONLY**



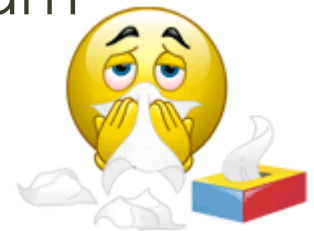
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Isolation Signs

- The isolation sign will tell you:
 - What you need to wear to protect yourself and the patient (ie. Gown, gloves, masks)
 - If the patient's door can be open or closed.
 - What type of isolate: Contact, droplet, airborne

What do I do if you are sick?

- If you have fever, vomiting and/or diarrhea: DO NOT COME TO VOLUNTEER
- You must be symptom free for 48hrs before returning to duties.
- Call the appropriate person to let them know you won't be coming in – Program Coordinator or Volunteer Manager.





Influenza

- Influenza aka 'the flu' is typically in Ontario from October to April
- Flu vaccines are available from Occupational Health 519-843-2010 ext. 3217.
- If you have received a flu vaccine elsewhere please notify the Volunteer Manager.
- Influenza is spread by droplets (ie. people coughing and sneezing) during the flu season, please be vigilant about cleaning your hands.
- The flu vaccine not only protects you but it protects others around you, as the flu vaccine recipient will not be able to spread the flu.

What to do if you hurt yourself while volunteering at the hospital?

- Tell someone
- Get first aid, if you require it
- Go to ER, if indicated
- Notify your manager
- Complete an Employee Incident Report (located in every department and in folders outside of Occupational Health)
- If you seek health care (ie. Visit ER, visit your family doctor, go to chiropractor) notify Occupational Health a.s.a.p.



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THANK YOU

Any Questions?

Contact Occupational Health/Infection
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