

# INFECTION CONTROL

## HOW TO MINIMISE THE RISK OF EXPOSURE AND CONTAMINATION

### HAZARD = EXPOSURE

Airborne - sneezing and coughing  
Direct contact - body fluids or  
contaminated items.

### RISK = CONTAMINATION

Being infected by a disease.  
Passing on a disease.

## FOR FIRST AID

Wash hands with soap and  
water or apply an alcohol-based  
hand rub.

Use and wear Personal  
Protective Equipment (PPE):  
i.e. disposable gloves for all first  
aid; masks for CPR; eye  
protection and plastic aprons to  
protect from splashing.

Remove PPE carefully.

Dispose of PPE, used  
dressings, bandages and  
infectious waste in an  
appropriate bin or container.

Wash your hands thoroughly  
with soap and water.

WASH HANDS

USE PROTECTION

CAREFUL DISPOSAL  
AND CLEAN UP

WASH HANDS

**Ensure Safety  
for Self and Others**

**Dial Triple Zero (000)  
for an Ambulance**

## IN GENERAL

Wash your hands regularly,  
before eating, before food  
preparation, after toilet use

Immunisation - many diseases  
are preventable  
Practice hygienic food handling  
and preparation techniques  
Avoid sharing food, drinks, and  
personal items

Wipe away blood and spills  
Clean and disinfect  
Safely dispose of left over food  
and other waste

Avoid transmitting infections and  
contact with body fluids

These methods are  
**STANDARD PRECAUTIONS**  
Which are safe practices to be  
applied for all first aid,  
regardless of a casualty's  
infectious status.



Reduce exposure.



Wash your hands.



Use hand rub gel.



Use gloves.



Use CPR mask.



Safe disposal.

