

**BLOODBORNE PATHOGENS  
EXPOSURE CONTROL PLAN**

**Byram Hills Central School District  
Health Services Department**

**APPENDIX A**

**HAND WASHING**

**HANDWASHING IS TO BE DONE BY STAFF & STUDENTS:**

- After contact with any body fluid: blood, vomit, feces, urine, respiratory or nasal secretions, saliva, drainage from wounds, etc.
- Before eating, drinking or smoking.
- Always after going to the bathroom (and, if possible, before going to bathroom)
- If hands have been soiled from previous activity.
- After removing disposable gloves.
- After handling soiled garments or equipment.

If the staff member is in a setting where the following applies, then hand-washing needs also to be done:

- Before and after assisting with a special nursing procedure such as tracheostomy suctioning or catheterization.
- Before handling any clean or sterile equipment or utensils.
- Before and after handling student's food or dishes.
- After handling soiled diapers.

**HAND WASHING PROCEDURE:**

Supplies needed:

- |                               |           |                           |
|-------------------------------|-----------|---------------------------|
| 1. Liquid soap in a dispenser | Optional: | 4. Disposable scrub brush |
| 2. Paper towels               |           | 5. Lotion                 |
| 3. Receptacle                 |           |                           |

**Procedure using clean technique:**

1. Turn on water, using a paper towel.
2. Wet your hands with warm, running water. (Warm water, combined with soap, makes better suds than does cold water. Hot water removes protective oils and will dry skin. Running water is necessary to carry away dirt and debris.)
3. Rub suds over hands for ten seconds.
4. Rinse off suds under running warm water.
5. Turn off water, again using a paper towel.
6. Dry hands thoroughly.
7. Apply hand lotion.

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**Note: Some antimicrobial soaps will not form suds.**