



ITEC



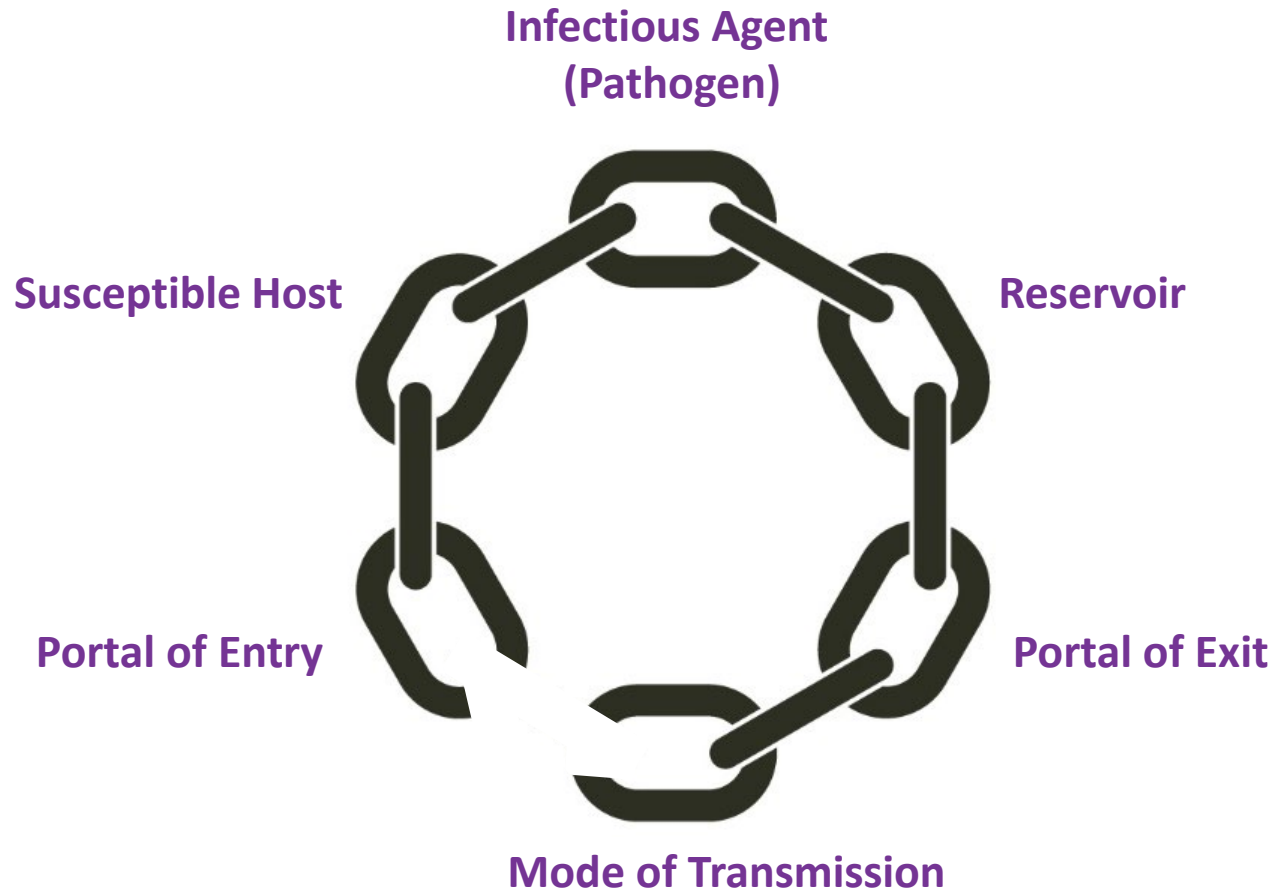
VTCT

UIP4 - Infection Prevention (COVID-19) for Complementary Therapies and Sports Massage

LO3 Understand the controls necessary to prevent the spread of COVID-19

Breaking the chain of infection

To stop the chain of infection it is essential to break at least one link in the chain.



Breaking the chain of infection

Standard infection control precautions (SICPs):

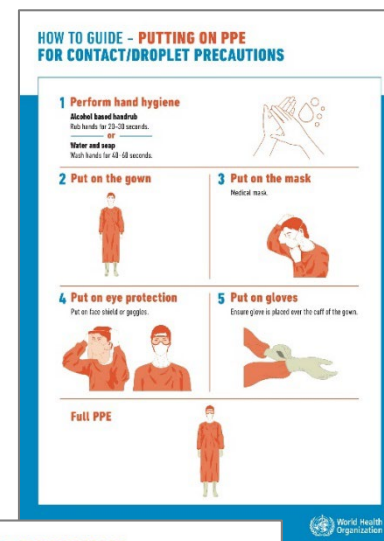
- Risk assessment
- Regular hand washing
- Use of hand sanitisers
- Use of Personal Protective Equipment (PPE)
 - face coverings, gloves, aprons, as appropriate to the treatment
- Safe management of linen



Breaking the chain of infection

Standard infection control precautions (SICPs):

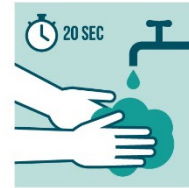
- Respiratory hygiene and cough etiquette
- Safe management of equipment
- Safe management of treatment environment
- Safe management of blood and body fluids
- Safe disposal of waste (including sharps)
- Occupational safety/managing the prevention of exposure (including sharps)



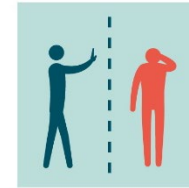
Breaking the chain of infection

Additional precautions (in accordance with local and national guidelines of the country therein):

- Immunisation/vaccination
- Improved ventilation
- Use of face coverings/masks
- Use of antivirals
- Social distancing measures
- Contact tracing
- Temperature checking



WASH HANDS WITH
WATER AND
SOAP/SANITIZER,
AT LEAST 20 SECONDS



AVOID CONTACT
WITH SICK PEOPLE



DON'T TOUCH EYES,
NOSE OR MOUTH WITH
UNWASHED HANDS



WEAR A MASK



DO NOT SHARE
EATING UTENSILS
AND FOOD

Workplace standard infection control procedures

- Risk assessment
- Infection prevention and control (IPC)
- Provision of Personal Protective Equipment (PPE)
- Hand hygiene
- Promotion of safe work spacing
- Provision of clean environment
- Waste management
- Education



The role of risk assessment in the prevention of COVID-19

- A risk assessment is a careful examination of what in the workplace could cause harm to people so that you can assess whether you have taken enough precautions or should do more to prevent harm
- It is a legal requirement to assess the risks in the workplace so that plans can be put in place to control and minimise those risks. The law does not require all risks to be eliminated, but that people are protected as far as is 'reasonably practicable'
- Processes involved in risk assessment
 - Identify the hazard
 - Decide who might be harmed and how
 - Evaluate the risks and decide on precautions
 - Record the findings and implement them
 - Review the assessment and update if necessary
 - Risk assessment notification – signage, publication on website



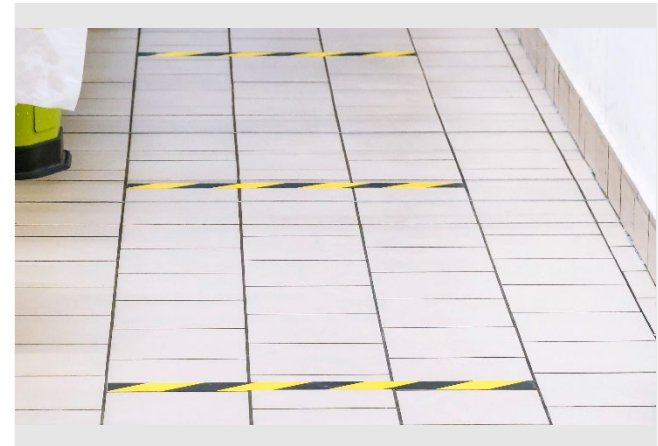
The role of risk assessment in the prevention of COVID-19

- Risk assessment for:
 - Staff
 - Clients
 - Workplace
 - Treatments
- Methods of minimising risk in the clinic/practice
- Risk assessment notification
- Implications for insurance



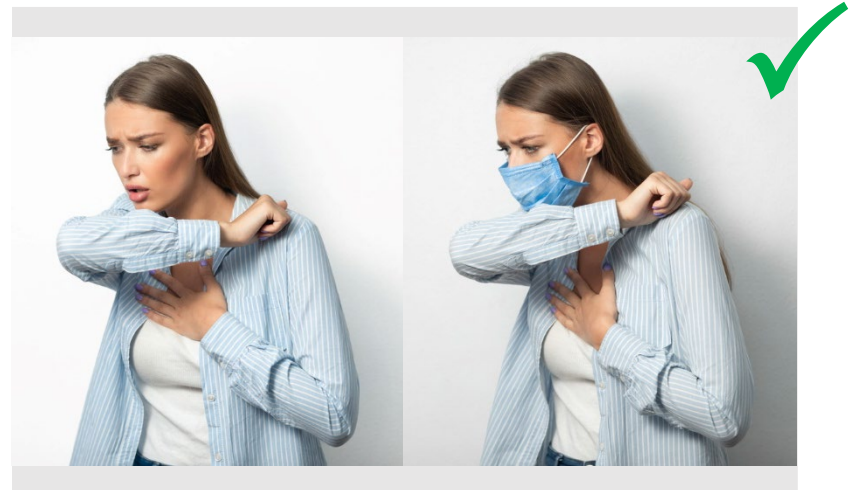
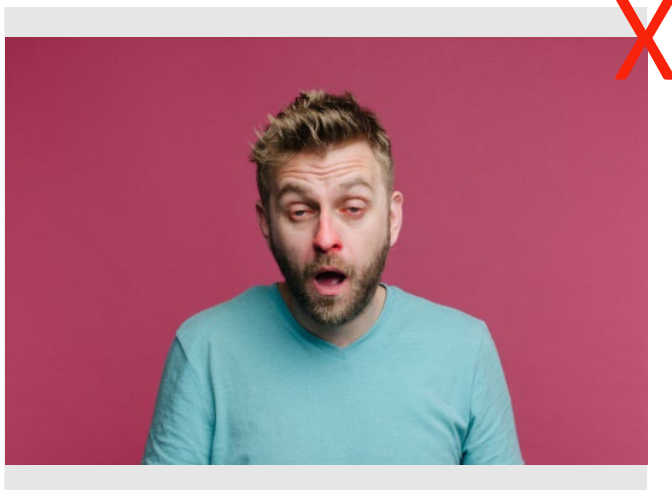
Social distancing

- Individuals maintaining distance whilst interacting
- Social distancing rules were introduced to limit or prevent the spread of COVID-19
- Social distancing rules affected the workplace layout, for example, communal staff and client areas, the number of staff, clients and visitors such as suppliers able to visit the premises at any one time, and the management of staff, clients and visitors
- It is important to follow social distancing guidance of the country therein



Respiratory hygiene and cough etiquette

It is important to maintain the correct respiratory hygiene and cough etiquette to prevent the spread of COVID-19 and other respiratory infections



Respiratory hygiene and cough etiquette

To reduce the spread of microorganisms:

- Turn head – sneeze/cough away from others
- Cover mouth and nose with tissue when coughing, sneezing or blowing the nose
- Discard used tissues immediately in a lined, enclosed, foot-pedal controlled waste bin
- Cough/sneeze into inner elbow, not the hand, if no tissues available
- Ensure correct hand hygiene is performed immediately after coughing or sneezing – wash hands/use hand sanitiser
- Tissues, hand hygiene facilities and lined, enclosed, foot-pedal controlled waste bins must be available at appropriate points throughout the clinic/practice for staff, clients and visitors
- Use of posters throughout the clinic/practice can help to reinforce the correct respiratory hygiene and cough etiquette methods



CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



**Respiratory
hygiene
and
cough
etiquette**