

## RENDERING FIRST AID

The following precautions should be taken by everyone providing First Aid to persons who are bleeding from any source.

It is recommended that in such circumstances people involved should:

- Avoid contact with blood if hands or lower arms have open cuts or unhealed wounds.
- Use disposable gloves.
- Cleanse the wound of dirt and blood.
- Use warm soapy water or antiseptic wipes.
- Apply a light dressing.
- After attending to an injured person, mop up blood spills with paper towel and clean all solid surfaces with detergent and water. Disinfect with a solution of 1 part household bleach to 100 parts tap water (1:100). Solution must be freshly mixed. Expiry date must also be checked on bleach container.
- Place contaminated waste into double plastic bags and seal for disposal or incineration.
- Wash carpeted area with detergent and water.
- Thoroughly wash scissors and any other instruments in cold water to remove blood. Instruments can effectively be sterilised by soaking for 10 minutes in household bleach.
- When all cleaning is finished, thoroughly wash hands and lower arms and any other body parts in contact with, or splashed by blood, with soap and water.
- If any other person has gone to the assistance of a person who is bleeding from any source, staff should ensure that all those involved, wash their hands and lower arms and any other body parts in contact with, or splashed by blood, with soap and water.

### Syringes and Needles

- A definite risk of viral infection (eg HIV & Hepatitis B and C), exists from contaminated needles.
- If needles are found, collection can be arranged by **SHARPS HOTLINE** on 13 22 81.
- If the area cannot be secured, extreme care should be taken to avoid needle stick injury, with removal for later collection.