



**Institution
of Occupational
Safety and Health**

Healthcare workers

Small changes that can make a big difference...

Changes in administration and triage



- Appoint a designated leader on the prevention, control and preparedness effort. This is a way of ensuring clarity and consistency.
- All staff in a healthcare facility – not only healthcare workers themselves – should be involved in ongoing training sessions.
- Ensure communication on hand and respiratory hygiene should be made clear to staff, patients and visitors.
- Visitors should be kept to an absolute minimum. However, records of all visits should be maintained to help with contact tracing.
- Equally, records of all staff providing care for Covid-19 cases should be maintained.

Where close patient contact (within one metre) is required



Wherever possible, maintaining a one-metre distance from infected patients is advisable and each worker should, as a general rule, take ongoing precautions to protect their mouth, nose and eyes.

When providing patient care, conducting a direct home care visit, diagnostic imaging, phlebotomy services, physiotherapy or other care requiring close physical contact, the following PPE should be worn:

- surgical mask
- apron
- gloves
- eye protection (if there is risk of contamination of eyes by splashes or droplets)

- Some dental procedures (such as high-speed drilling)
- Non-Invasive Ventilation (NIV) such as Bi-level Positive Airway Pressure (BiPAP) and Continuous Positive Airway Pressure ventilation (CPAP)
- High-Frequency Oscillating Ventilation (HFOV)
- High-Flow Nasal Oxygen (HFNO), also called High-Flow Nasal Cannula
- Induction of sputum

As well as an FFP3 respirator, a long-sleeved disposable gown, gloves and disposable eye protection should be worn.

Where no patient contact is required



- DO** use a surgical mask, especially when:
- cleaning a room
 - cleaning equipment
 - discharging patients
 - entering patient rooms.

Do I need to wear an FFP3 respirator?



If you are performing the following actions, yes.

- Intubation, extubation and related procedures such as manual ventilation and open suctioning
- Tracheotomy/tracheostomy procedures (insertion/open suctioning/removal)
- Bronchoscopy
- Surgery and post-mortem procedures involving high-speed devices

Top Tip



Respirators can be worn for up to four hours, providing they are not removed and replaced during this period. This will preserve supplies and keep your colleagues safe on their next shift.

For more information visit www.iosh.com/coronavirus-healthcare-workers