

Standard precautions

Always use these simple strategies to protect yourself and prevent the spread of infection for everyone



Hand hygiene

Clean your hands with soap and water
OR hand sanitiser.



Personal protective equipment (PPE)

Wear PPE to protect your skin, face and clothing from contact with blood and body fluids.



Respiratory hygiene and cough etiquette

Cover your mouth and nose when coughing and sneezing.



Aseptic technique

Protect older people from exposure to infectious agents during invasive procedures and when using invasive devices.



Management of sharps

Handle and dispose of sharps safely to reduce the risk of injury and exposure to bloodborne infections.



Reprocessing of reusable equipment

Clean, and if required disinfect or sterilise, reusable and shared equipment to remove dirt, dust and infectious agents so it is safe for reuse.



Linen management

Handle, store and transport clean and dirty linen safely to reduce the spread of dirt, dust and infectious agents.



Environmental cleaning

Routinely clean the physical environment and equipment.



Waste management

Separate, store and transport rubbish safely to reduce contamination of the care environment.