

Section 7: Principles of Cleaning and Disinfecting Environmental Surfaces

Policy number: **7.6**

Subject: **Routine Practices While Cleaning**

Issued: **September 2015**

Revised:

Distribution: **All FNIHB Staff**

1 PURPOSE

- 1.1 The principles of Routine Practices are based on the premise that all clients and their environment might potentially be contaminated with harmful infectious agents. By following simple preventive practices at all times regardless of whether or not an illness is known, health care providers will be protecting clients and themselves from an unknown, undiagnosed infectious risk. Routine Practices related to environmental cleaning include:

1.1.1 Hand hygiene

1.1.2 Use of personal protective equipment (PPE) when indicated

1.1.3 Standardized cleaning procedures

- 1.2 Routine cleaning is necessary to maintain a specific measure of cleanliness, i.e. Hotel Clean, Hospital Clean. Consistent and effective routine cleaning practices reduce the transmission of infectious agents.

Refer to Section 3.0: Routine Practices for more information regarding routine practices.

2 POLICY

- 2.1 All health care workers and environmental cleaning workers must adhere to routine practices when cleaning. All health care workers and environmental cleaning workers must follow standardized cleaning procedures as outlined in the current edition of *FNIHB-OR Environmental Cleaning Procedure Manual*.

3 PROCEDURE

- 3.1 Hand Hygiene:

3.1.1 Hand hygiene is the most important and effective IPAC measure to prevent the spread of healthcare-associated infections. Hand hygiene must be practiced:

3.1.1.1 Before initial client/client environment contact i.e. before you enter the room

3.1.1.2 Before performing an aseptic procedure

- 3.1.1.3 Immediately after a body fluid exposure risk
 - 3.1.1.4 After client/client environment contact i.e. before leaving the room; or after touching something in the client's environment and before touching the client again.
 - 3.1.2 The use of gloves does not replace the need for hand hygiene. It is necessary to clean hands after removing gloves. Gloves must be task specific, and must be changed as the HCP changes tasks with the same client.
 - 3.1.3 Alcohol-based hand rub (ABHR) is recommended after activities that do not result in visible soiling of the hands such as dusting, mopping and vacuuming.
 - 3.1.4 Soap and running water are the recommended method when hands are visibly soiled.
 - 3.1.5 Dedicated hand washing sinks are preferred for hand washing with soap and water, to avoid splashback of infectious agents onto clean hands during rinsing.
 - 3.1.6 Hand washing sinks must not be used for other purposes, such as disposal of fluids or cleaning of equipment.
 - 3.1.7 Refer to Policy 2.0: Hand Hygiene. Refer to FNIHB-OR Environmental Cleaning Procedure Manual
- 3.2 Use of Personal Protective Equipment (PPE):
- 3.2.1 PPE refers to a variety of barriers used alone or in combination to protect mucous membranes, airways, skin and clothing from contact with infectious agents and from chemical agents. Environmental cleaning workers and health care workers should wear PPE:
 - 3.2.1.1 For protection from infectious agents
 - 3.2.1.2 For protection from chemicals used in cleaning
 - 3.2.1.3 To prevent transmission of microorganisms from one client environment to another, PPE must be removed after each individual's room or space.
 - 3.2.2 All employers providing cleaning services to health centres and nursing stations must ensure that:
 - 3.2.2.1 PPE is sufficient and accessible for all cleaning staff
 - 3.2.2.2 WHMIS training regarding safe and appropriate handling of chemicals is provided.
 - 3.2.2.3 Training on routine practices, and additional precautions, and special training on handling of waste and of biohazardous material is provided by the employer
 - 3.2.2.4 Environmental cleaning workers have been trained in the correct use, application and removal of PPE

- 3.2.3 PPE is used to prevent contact with blood, body fluids, secretions and excretions and includes:
 - 3.2.3.1 **Gloves** when there is a risk of hand contact with blood, body fluids, secretions or excretions or items contaminated with these
 - 3.2.3.2 **Gown** if contamination of clothing is anticipated
 - 3.2.3.3 **Mask and eye protection or face shield** where appropriate to protect the mucous membranes of the eyes, nose and mouth during activities involving close contact with clients likely to generate splashed or sprays of secretions (e.g. coughing, sneezing or where there is a risk of splashes from cleaning solutions)
 - 3.2.3.4 Refer to Policy 3.3: Use of Personal Protective Equipment
- 3.2.4 **Glove Use in Environmental Services:**
 - 3.2.4.1 Prolonged wearing of gloves is not recommended because of:
 - 3.2.4.1.1 Increased risk of irritant contact dermatitis from sweat and moisture within the glove
 - 3.2.4.1.2 Breakdown of the glove material itself and risk of tears
 - 3.2.4.2 Change or remove gloves after contact with a client environment and before contact with another client environment to prevent the spread of infectious agents. Environmental cleaning workers must not walk from room to room and other areas of the health care facility wearing the same pair of gloves.
 - 3.2.4.3 Gloves must be removed immediately after the activity for which they were used and if disposable, discarded. Hand hygiene is performed whenever removing gloves.
 - 3.2.4.4 Gloves must be used as an additional measure of protection and are not a substitute for hand hygiene.
 - 3.2.4.5 Disposable gloves must never be washed or re-used. They are single use only.
 - 3.2.4.6 Assess and select the most appropriate type of glove to be worn for the activity about to be performed. Selection of gloves should be based on a risk analysis of:
 - 3.2.4.6.1 The type of setting
 - 3.2.4.6.2 The task to be performed
 - 3.2.4.6.3 The likelihood of exposure to body substances
 - 3.2.4.6.4 The length of use

3.2.4.6.5 The amount of stress on the glove

3.2.4.6.6 The glove requirements identified in the MSDS must be followed when using a chemical agent

NOTE: Nitrile gloves are recommended for all environmental cleaning tasks with the exception of tasks that have a high risk for percutaneous injury (e.g. handling waste and sharps) in which case heavy duty gloves are recommended. (Refer to Policy 3.3: Use of Personal Protective Equipment).

3.2.5 Gowns, Masks and Eye Protection in Environmental Services

3.2.5.1 A gown, mask and eye protection are **not** required for routine cleaning activities, however, when using chemical agents, PPE requirements identified on Material Safety Data Sheets (MSDS) must be followed e.g. wearing facial protection when mixing chemical agents when there is a risk of splashing.

3.3 Standardized Cleaning Procedures

3.3.1 Each health facility must have standardized cleaning procedures in place to ensure that:

3.3.1.1 Cleaning is done on a regular schedule i.e. a continuous event

3.3.1.2 Cleaning procedures incorporate IPAC principles

3.3.1.3 Cleaning standards, frequency, and accountability for cleaning are clearly defined (i.e. who cleans, what do they clean, how is the item cleaned, what chemical and dilution of chemical is used, and when do they clean it)

3.3.1.4 Cleaning schedules ensure that no area or item is missed from routine cleaning

3.3.1.5 Statutory requirements are met in relation to:

3.3.1.5.1 The safe disposal of clinical waste

3.3.1.5.2 The safe handling of linen

3.3.1.5.3 Food hygiene

3.3.1.5.4 Pest control

3.3.2 Routine cleaning practices are used wherever cleaning is done. Routine cleaning is necessary to maintain a specific measure of cleanliness, i.e. Hotel Clean, Hospital Clean. (Refer to Policy 7.2: Levels of Clean)

3.3.3 Refer to Routine Practices and standardized step-by-step cleaning procedures in the current edition of *FNIHB- OR Environmental Cleaning Procedure Manual*

4 REFERENCES

First Nations Inuit Health Branch-Ontario Region. (2013). Environmental Cleaning Procedure Manual. Retrieved from <https://www2.onehealth.ca>

Public Health Ontario. (2012). Best Practices for Environmental Cleaning for Prevention and Control of Infections in all Health Care Settings. 2nd Edition. Retrieved from http://www.publichealthontario.ca/en/eRepository/Best_Practices_Environmental_Cleaning_2012.pdf

Public Health Ontario. (2013). Environmental Cleaning Toolkit. Retrieved from http://www.publichealthontario.ca/en/ServicesAndTools/Tools/Pages/Environmental_Cleaning_Toolkit.aspx