



BEST PRACTICE GUIDE

Hand Hygiene, Cleaning, Waste Management and Safety in Aged Care Facilities

Aged care facilities have been on the battlefield with COVID-19 since the pandemic began. They have done a remarkable job in caring for and treating so many residents. Part of their diligent work has been maximising infection prevention with protocols such as hand hygiene, glove use, waste management and extensive cleaning.

As staff, residents and visitors become increasingly aware of the importance of these procedures, aged care facilities should look to incorporate further best practice guidance to ensure their protocols remains effective at fighting the spread of infection.



A Higher Level of Clean



Tips



- **HAND HYGIENE**

Frequent effective handwashing and the use of hand rubs helps prevent the spread of germs and infections.



- **CLEANING**

Regularly cleaning surfaces keeps them free of microbes and prevents the spread of germs.



- **WASTE MANAGEMENT**

Isolating contaminated waste limits the cross-contamination potential.



- **SAFETY**

Keeping a safe distance from one another keeps staff, residents and visitors safe.

BEST PRACTICE

IMPLEMENTING EFFECTIVE PROCEDURES IN ANY FOOD SERVICE FACILITY

Institutions such as the Centre for Disease Control (CDC) and The World Health Organisation (WHO) provide guidelines to help facilities equip and prepare for a return to full operations. They cover four key areas:



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HAND HYGIENE

With three groups to protect; residents, visitors and staff, healthcare facilities must incorporate hand hygiene guidance into every part of their protocols.

- Regularly wash hands thoroughly and after specific triggers like removing PPE or gloves. ²
- Use the WHO's 5 Moments guidance to identify optimal hand hygiene station placement. ²



CLEANING

With multiple paths to contamination, and unpredictable scenarios part of the norm, aged care facilities need to keep surfaces and equipment as clean as possible at all times.

- Cleaning procedures should start and end with fully stocked carts of cleaning equipment. ¹
- Cross-contamination risk should be minimised with disposable single-use products, such as cloths and mop pads. ³
- Decrease the risk of cross contamination further by cleaning each area with at least two mop pads and two cloths. ¹
- Enhance cleaning policies with walkthroughs identifying contamination touchpoints (handles, buttons, bars, etc.) ¹



WASTE MANAGEMENT

Some of the most hazardous waste is created at a healthcare facility. In order to prevent waste becoming a threat, facilities should implement the following guidance:

- Disposing of waste produced during cleaning processes at the end of each process with sealed containers. ³
- Treating cleaning waste with the same level of caution that is afforded to clinical waste. ³



SAFETY

Almost every part of a aged care facility has the potential to be a high-traffic area. Facility staff need to ensure that every area frames social distancing wherever possible.

- Ensure areas have appropriate indications of safe distances, either through floor markings, using tape or another material, or the placement of furniture. ³
- Maintain safe social distances with one-way systems to guide traffic using appropriate signage and barriers. ³

Tips



Clear communication of your procedures for hand hygiene, cleaning, safety and waste management to staff, residents and visitors drives adoption and supports lasting behaviour change, and as a result, keeps everyone safe.

¹ <https://www.issa.com/cleaning-and-disinfecting-for-the-coronavirus-sars-cov-2>

² <https://www.who.int/gpsc/5may/background/5moments/en/>

³ <https://www.ecdc.europa.eu/en/publications-data/disinfection-environments-covid-19>

OUR SOLUTION

DELIVERING BEST PRACTICE WITH THE RIGHT PRODUCT SOLUTIONS

The Rubbermaid Commercial Products Range contains a variety of products that can help implement increased standards of hygiene.



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of Clean**



HAND HYGIENE

Our range includes wall-mounted dispensers and free-standing **hand hygiene stations** deployable throughout a facility. Cross-contamination risks are reduced in manually operated units by integrated antimicrobial touchpoints. With touch-free dispensers, user contact is eliminated completely. Hand hygiene units are complemented by high-capacity sealed refills containing soap or hand rubs that make them a flexible hand hygiene solution for users.



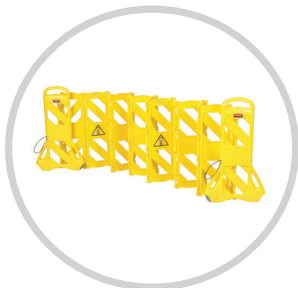
CLEANING

HYGEN™ cloths and mop pads are **ideal for surface cleaning, even where there are restrictions on cleaning products**. Their microfibre composition removes 99.9% of microbes whether they are used with an active SARS-COV-2 grade disinfectant or with a neutral solution. A range of colours minimises cross-contamination risks during a cleaning cycle. Disposable cloths and mops are also available to minimise the risk of cross contamination.



WASTE MANAGEMENT

Our range of waste management products deliver safety by **isolating contaminated waste** within a closed-lid system. Isolating disposed materials from the open-air means germs are prevented from spreading. **Germ transmission is reduced further** through foot pedal operation, rather than hand operation. Each unit's smooth surfaces and sturdy structural design make them easy to clean between uses, removing lingering viral threats.



SAFETY

Our safety barriers are durably designed to withstand constant use in high-traffic areas and are lightweight, making them easy to deploy and stow away. Once in place, these units are **adept at enforcing social distancing requirements at counters, windows and other points of interaction**. Their presence within a space can also help to manage movement in open spaces and highlight impromptu one-way systems.



WASTE
MANAGEMENT



CLEANING



SAFETY



MATERIAL
HANDLING



HAND
HYGIENE



FOOD
SERVICE

**FOR MORE INFORMATION ON OUR ESSENTIAL HYGIENE, CLEANING & REFUSE PRODUCTS
PLEASE CONTACT YOUR RCP SPECIALIST OR OUR CUSTOMER SERVICE TEAM ON 1800 639 355**