Keeping Health Care Workers Safe on the Job

Working in health care means dealing with a challenging environment. Employees can be exposed to a number of dangers ranging from diseases to sharp instruments. There are steps that can be taken to make sure they stay safe on the job.

Preventing the spread of germs

When people are sick, they seek medical attention. They can have any number of transferrable germs, toxic medications, or blood borne pathogens that can sicken healthy visitors and employees. It is important for workers to maintain a clean work environment to prevent the spread of illnesses. Be sure to properly decontaminate surfaces and equipment after use. Also, always wear protective clothing and gloves, and cover any open wounds while you're at work.

Wash your hands

One of the most important things you can do to protect yourself at work is to frequently wash your hands. Be sure to avoid touching your face, nose, or eyes while at work. You can also change your clothes and shoes and shower before and after work. Employees should also get regular health screenings to watch for any exposures they may encounter on the job.

Use precaution with patients

To avoid being exposed to any diseases or blood borne pathogens, it's important to always take precaution when with a patient. Wear a splash goggles or face shield to prevent being splashed by blood or bodily fluids. When disposing of soiled linens, wound dressings or medical waste, be sure to double bag them and store them safely. You should also keep sharp objects like needles in a puncture-resistant container.

Report any exposures immediately

If you are exposed to something while at work, report it and get medical attention immediately. While some illnesses have vaccinations to help prevent spreading, others do not so avoiding exposure is the best prevention.

Be cautious while cleaning

Many chemicals are used for cleaning and disinfecting, and some can have a negative affect on your health. That's why it's important that you follow the directions carefully, using the correct mixture amounts. Also, be sure to use the products in a well ventilated area to avoid inhaling fumes.

Reduce strain on your body

Health care workers often work long shifts and walk a lot, so it's important that you wear comfortable, supportive shoes. Anti-fatigue mats are also good to help reduce strain from standing. It's also important to maintain your fitness, eat right, and get enough rest so help your body cope with the stresses of hospital work.

Make your facility secure

Working with people in stressful health crises can lead to workplace violence. Make sure your staff is trained to deal with those situations, and that the facility is secure. Control access, and maintain a security presence through cameras, viewing windows, and personnel.

For more information and additional risk management and prevention tools, visit: fwcruminsurance.com

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