

TRAINING WORKBOOK

Contents

Par	rt 1: Principles of Infection Control	4
	Introduction	4
	5 Pillars of Infection Control	4
	Chain of Infection	5
	Link 1 - A microorganism (pathogenic)	5
	Link 2 - Reservoirs of Infection	6
	Personal Hygiene and Illness	7
	'3 C's': Clean, Care and Cleanliness	7
	Link 3 - The path by which a microorganism leaves its reservoir	8
	Link 4 - Mode of transmission from person to person	8
	Link 5 - Path of entry.	8
	Link 6 - Susceptible hosts.	8
	Personal Protective Equipment (PPE)	9
	Colour-coding	11
Par	rt 2: Zone Cleaning - Plan your clean!	12
	Step 1 Building	13
	Step 2 Room Types	13
	Step 3 Cleaning Tasks	14
	Essential Cleaning Techniques	18
	Damp Dusting of Floors	23
	Disinfecting a Surface	26
	Descaling	27
	Step 4 Room Cleaning Plans	28
	General Room Cleaning Plan	28
	Washroom/Toilet Cleaning Plan	29
	Deep Clean (Isolated) Room Cleaning Plan	32
	Putting It All Together: 'Room Cleaning Plan'	34
	Step 5 - Review	36
Par	rt 3: Waste Management	38
	Introduction	38
	What Is Hazardous Waste	38
	Handling Blood & Non-Blood Contaminated Waste	39
	Sharps Management	40
	Handling Hazardous Waste	41
	Accidental Exposure to Blood or Blood-contaminated Substances	42
	Mucous Membrane Exposure	42

TRAINING WORKBOOK

Part 4: Health and Safety	43
Safe Use and Handling of Cleaning Products	43
Risk or Hazard?	43
Exposure Routes	44
Product Types	45
Hazard Identification	48
Appendix A - Infections	53