

# **Cleaning & Infection Control in General Facilities Workbook**

## Contents

<b>How to use your learning materials</b>	<b>4</b>
<b>Section 1: Principles of Infection Control</b>	<b>5</b>
Introduction . . . . .	5
5 Pillars of Infection Control . . . . .	6
Chain of Infection . . . . .	8
Link 1 - A microorganism (pathogenic) . . . . .	9
Link 2 - Reservoirs of Infection . . . . .	12
Link 3 - The path by which a microorganism leaves its reservoir	13
Link 4 - Mode of transmission from person to person	13
Link 5 - Path of entry. . . . .	13
Exposure Routes. . . . .	14
Link 6 - Susceptible hosts. . . . .	15
Infection Control Summary . . . . .	16
What is Disinfection, Sterilisation and Sanitisation? . . . . .	17
Dwell Time . . . . .	19
Preparation and Precautions . . . . .	20
Understanding Hazards and Risks . . . . .	20
Personal Hygiene and Illness . . . . .	21
Personal Protective Equipment (PPE) . . . . .	22
Colour-coding . . . . .	25
<b>Section 2: Essential Cleaning Planning</b>	<b>26</b>
Introduction . . . . .	26
Zone Cleaning . . . . .	27
Risk . . . . .	28
Essential Cleaning Techniques . . . . .	32
Wet Cleaning . . . . .	32
Damp Cleaning or Damp Dusting . . . . .	34
Wet Cleaning on Floors - Mopping . . . . .	36
Damp Dusting of Floors. . . . .	37
Vacuum Cleaning . . . . .	38
Disinfecting a Surface . . . . .	40
Descaling . . . . .	41
Room Cleaning Plans . . . . .	42
General Room Cleaning Plan . . . . .	43
Washroom/Toilet Cleaning Plan . . . . .	44
Deep Clean (Isolated) Room Cleaning Plan . . . . .	47

# TRAINING WORKBOOK

Control Zones . . . . .	.47
Putting It All Together: 'Room Cleaning Plan'. . . . .	.51
<b>Section 3: Waste Management</b>	<b>52</b>
Introduction . . . . .	.52
What Is Hazardous Waste . . . . .	.52
Handling Blood & Non-Blood Contaminated Waste . . . . .	.53
Sharps Management. . . . .	.54
Handling Hazardous Waste. . . . .	.55
Accidental Exposure to Blood or Blood-contaminated Substances	56
Mucous Membrane Exposure . . . . .	.56
<b>Appendix A - Infections</b>	<b>57</b>
<b>Handwashing Procedure</b>	<b>59</b>