
2nd Pandemic Influenza & Workplace Infectious Diseases Summit

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The Key Workplace Preventions and Preparation Measures

- Hand Hygiene and Respiratory Etiquette
- Social Distancing
- Personal Protective Equipment

Hand Hygiene & Respiratory Etiquette

- Single most important feature in preventing spread of disease – viruses and bacteria.
- Simple and effective yet difficult to achieve.
- Results of Studies
- Role Model Behaviour
- Keep fingers clean and away from mouth and eyes
- Wash hands frequently and dry thoroughly
- Use knuckles to activate traffic lights, lifts etc.

Basic Understanding of the Influenza Virus

Spread by infected droplets
Survive on a dry surface for up to 36 hours
Survive three months in a domestic refrigerator
Survive for years in the deep freeze

Staff are encouraged to wipe desk, keyboard, computer screen morning and night!

Hand Cleaning

The Ideal

Cleaning of hands without contaminating the cleaning products
with minimal disposal problems

SOCIAL DISTANCING

- No handshakes
- Cover that cough
- Cough into elbow
- Ghosting workplaces – meeting room
- Restrictions on meetings
- Working from home

Personal Protective Equipment

- Gloves – latex/nitrile
- Masks – grades
- Fitting/removal/destruction
- Access to clean water
- Maintain contact with your suppliers – staff changes/contact phone numbers etc.

Personal Protective Equipment

- Quantities to be considered
- Placement of stock
- Consider border closures
- Items to be purchased
- Assumptions to be clearly documented
- Reasons why items are not purchased.

Personal Protective Equipment

- Volumetric considerations
- Weight (eg 1litre water weighs 1kg)
- Shelf life
- Storage requirements; temperature, humidity; light, potential hazards eg risk of explosion, bleach and alcohol
- Remote location
- Disposal of out of date stock

Medical Aspects

- Oral rehydration for flu victims
 - 1 tablespoon sugar to ½ teaspoon salt added to a litre of water
 - The above solution to be used if ORS or similar products are not available.
- Sports drinks, soda or juices should not be used – too much sugar and too little sodium.

Medical Aspects

Aspirin Products

- To be removed from the vocabulary immediately – note that Aspirin is sold under many brand names.

CONCLUSION

- Wherever possible use a simple solution which has been tested for a complex problem.