



SAFE PRACTICES

LEARNING STEPS

The following steps found in this section are:

1. Infection Control Practices
2. Client and Personal Safety

LEARNING ACTIVITIES

Read the information found in each section

- Personal safety practices that can be followed to help reduce risks:
 - Keep your head up when walking; be aware of your surroundings at all times, project confidence with body language.
 - Give everyone a friendly greeting and make contact.
 - Keep items close to you. Do not leave personal items in the vehicle or stow them out of sight.
 - Never leave your car registration (will have your address) or garage door opener in the vehicle, conceal it. Keep doors locked when inside.
 - Park as close to the residence as possible.
 - Always knock on the door while standing to the side before entering the home.
 - If your sense tells you that something is not right, you should trust your gut and leave.
 - Always position yourself between the exit door and the client.
 - Prepare for the unpredictable.
 - Wear shoes that you can run in (low heeled with traction).
 - Wear non-restricting clothing that does not hamper escape.
 - Avoid jewelry ('grab and choke items') to reduce opportunity for crime as it may put you at risk
 - Keep identification in a discreet place that isn't easily visible. Never wear a lanyard around your neck with a name tag.
 - If using a cell phone, be certain batteries are charged and the phone is turned on. Keep it in a place that can easily and quickly be accessed. Do not put it in your purse or bag. Keep it in a pocket that is easy to reach, or depending on the situation, keep it in your hand.
 - Ensure keys are easily and quickly accessible. Consider holding them in your hand for quick use.
 - Carry a bag of supplies only if absolutely necessary. If possible, keep supplies in a concealed location such as a coat pocket. Remember, you may be approached because of what you are 'perceived' to have, not what you actually have.
 - Review safety procedures in TBPW handbook on a regular basis.
 - Consider 'checking in' to let someone know when you are leaving and when you are expected to return.

*Report all safety concerns to the RN and document potential safety concerns or issues including incidents.

Infection Control Practices

Hand hygiene is the best way to reduce the risk of infection.

The TBPW delivering medications and/or visiting the client in home isolation must wear an N95 mask for the duration of the visit until TB Control advises that the client is no longer infectious. (Canadian TB Guidelines, 2013)

Client and Personal Safety

Safe practices protect the client, community, and the TBPW. At every client visit, the TBPW identifies the health and safety risks. The TBPW is required to report to the RN all the health and safety risks and plan ways to reduce the risks.

Reducing risk is the action the TBPW takes to match the risk identified. It is a personal action: wearing low heeled shoes with traction, creating a safe environment by requesting to have stairs repaired to the client's house, road safety and asking for assistance as part of a team with the RN, TB Control Nurse, and First Nations Nurse.

Other actions to reduce the risk include:

- An environmental assessment which includes being aware of the following:
 - When entering a home, look for exits in the event you need an escape route and always provide your care where you can visualize your exit
 - Obstacles to the entrance or exit
 - A poorly lit entrance, steps, or walkway
 - Lack of appropriate handrails on exterior steps
 - Poor condition of exterior stairs
 - Any broken doors or windows
 - Presence of pets
 - Tobacco smoke in the home
 - Any potentially dangerous weapons, illegal drugs, or drug paraphernalia
 - Any other signs that suggest there may be unsafe activity
 - Whether the home is isolated from accessing help easily