

Protocols & PPE



March 2021



Third time lucky

I am writing you back to work protocols, which hopefully will be for the last time.

There is no change in SR12 legislation - so far.

We have listed example clinic forms for you to get from us for free if you have trained with us. Please note all forms we make are made to the best of our knowledge, at the time of writing. We do our best to post any changes, but it is your responsibility to check their accuracy as legislation is changing all the time. If you spot something, please email us with this info and let me know so I can share it.

We will be doing a post on how to create your own clinic posters using Canva to help you make customised clinic forms, and to help you make social media posts. Look out for this and more in our B-Ready weekly programme for back to work support, posted on our website and our customer forum.

Remember: the comeback is always greater than the setback.

Dawn.

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SR12

**COSHH essentials
for service and retail**



This information will help employers (including the self-employed and franchisees) comply with the Control of Substances Hazardous to Health Regulations 2002 (COSHH), as amended, to control exposure and protect workers' health.

It is also useful for trade union safety representatives.

This sheet describes good practice.

It covers the points you need to follow to reduce exposure to an adequate level.

It is important to follow all the points, or use equally effective measures.

Some chemicals can be flammable, so your controls must suit those hazards too. Look at the safety data sheet for more information.

Disinfectants are biocidal products. Authorised products are safe for use so long as you follow the instructions on the label.

Main points

- Solvent-based products may produce harmful vapours.
- Avoid contact with blood and tissue residues. These can be infected.
- Check that all controls are being used properly.
- Consider substituting with safer products.

Electrolysis, piercing, tattooing and micro-pigmentation

General ventilation

Access and premises

- ✓ Provide good washing facilities.
- Caution: never eat or drink in the work area.

Equipment

- ✓ Keep the workplace well ventilated, with a through draught.
- ✓ Use sterile single-use instruments wherever possible.
- ✓ Sterilise all reusable equipment that can be contaminated with blood, etc. This includes semi-permanent tattooing equipment. Ultraviolet (UV) light boxes and glass bead sterilisers are not good enough.
- ✓ Either negotiate access to a steriliser in your local hospital or clinic, or use a steam steriliser.
- ✓ Work surfaces (eg floors, tables, couches) must be smooth and impervious to aid cleaning.
- ✓ Blood contamination means that swabs, gloves etc are clinical waste. Put these in a clinical waste container. You need a licensed waste contractor.
- Caution: Never decant product into an unlabelled container. Never re-use a container. Dispose of it safely or return it to your supplier.



Personal protective equipment (PPE)

- ✓ Follow the instructions on product labels.
- ✓ Ask your supplier to help you get the right PPE.
- ✓ Provide protective gloves - single-use gloves are acceptable. If you must use latex gloves, use only 'low-protein, powder-free' gloves.
- ✓ Throw away single-use gloves every time they are taken off, and wash hands.
- ✓ Provide a disposable plastic apron and splash-proof eye protection.
- ✓ Cover all cuts and any broken skin.
- ✓ Skin creams are important for skin condition. They help in washing contamination from the skin. After-work creams help to replace skin oils.
- Caution: 'barrier creams' do not make a full barrier.

Procedures

- ✓ Check that containers are easy to pour from, don't dribble, and don't trap liquid in a rim.
- ✓ If possible, buy products in a ready-for-use solution.
- ✓ Can you get solid chemicals in tablet form, or in a wide-necked container such that it is easy to scoop out granules?
- ✓ Store products securely in a cool, dry, dark place, capable of keeping in spills. Don't store far more than you need.
- ✓ Read the instructions on the label carefully - follow the instructions for use.
- ✓ Keep products off your skin - wash off any splashes immediately.
- ✓ Make up only as much solution as you will need for immediate use.
- ✓ Put the cap back on the container immediately.
- ✓ Write down your procedures for dealing with clinical waste.

Special care

- ✓ Contact with many products can lead to dermatitis. Some can also damage the eyes.
- ✓ Check that tattoo and micro-pigmentation inks are sterile - see the data sheet.
- ✓ Try to avoid chloroethane (ethyl chloride) as a skin anaesthetic. This chemical may cause cancer.
- ✓ Never add any other chemical to concentrates that contain bleach (sodium hypochlorite solution). This can cause a dangerous gas (chlorine) to be given off.

Maintenance, examination and testing

- ✓ Follow instructions in maintenance manuals - keep equipment in effective and efficient working order.
- ✓ Steam sterilisers require regular examinations and tests. Seek advice from your insurance provider.
- ✓ Keep records of these tests.

Health monitoring

- ✓ Have workers had their Hepatitis B jabs?
- ✓ Ask your workers to check their skin for dryness or soreness every month. If these effects appear, check the proper use of skin creams and PPE.
- ✓ Check if any information about the product says 'may cause sensitisation' or 'can cause allergic reactions'. If so, seek advice from the product representative, or a consultant - see Further information.

Cleaning and housekeeping

- ✓ Keep the work area clean.
- ✓ Wash out mixing equipment after use. Dispose of this waste liquid safely.
- ✓ Write down your sterilisation procedures and make sure these are followed.
- ✓ Sterilise reusable equipment as soon as possible after use.
- ✓ Clean out ultrasonicators at the end of every day.
- ✓ Disinfect shower heads once a week.
- ✓ Clean up spills promptly - practise how to do this.

- ✓ Dispose of empty containers and clinical wastes safely.

Caution: Workers must not take work clothing home for washing. Use a contract laundry.

Training and supervision

- ✓ Tell workers about the risks - see product labels or Section 15 of the safety data sheet.
- ✓ Warn workers about blood-borne diseases, eg Hepatitis.
- ✓ Working in the right way and using the controls correctly is important for exposure control. Train and supervise workers. See sheet SR0.

Further information

- Preventing dermatitis at work: Advice for employers and employees Leaflet INDG233 HSE Books 1996 (single copy free or priced packs of 15 ISBN 0 7176 1246 5)
- Posters on protective gloves and skin care - see www.hse.gov.uk/skin/information.htm
- Micro-pigmentation, semi-permanent tattooing and semi-permanent make-up Local Authority Circular LAC 14/1 Health and Safety Executive/Local Authority Enforcement Liaison Committee (HELA) 2005 Web version available at hse.gov.uk/law/lacs/index.htm
- Health and safety issues related to body piercing, tattooing and scarification Local Authority Circular LAC 76/2 Health and Safety Executive/Local Authority Enforcement Liaison Committee (HELA) 2005 Web version available at hse.gov.uk/law/lacs/index.htm
- Infection at work: controlling the risks - see www.hse.gov.uk/pubns/infection.pdf

Useful links

- HSE priced and free publications are available from HSE Books Tel: 01787 881165 Website: www.hsebooks.co.uk
- For information about health and safety ring HSE's Infoline Tel: 0845 345 0055 Textphone: 0845 408 9577 e-mail: hse.infoline@natbrit.com
- Contact the British Occupational Hygiene Society (BOHS) on 01332 298101 or at www.bohs.org for lists of qualified hygienists who can help you.
- Look in the Yellow Pages under 'Health and safety consultants' and 'Health authorities and services' for 'occupational health'.
- Also see www.nhsplus.nhs.uk

Employee checklist

- Look for signs of leaks, wear and damage.
- If you find any problems, tell your supervisor. Don't just carry on working.
- Clear up blood spills immediately. Mop up with swabs or tissues, put these in the clinical waste bin, then disinfect the surface.
- Throw away single-use gloves every time you take them off. Then wash your hands.
- Never clean your hands with concentrated cleaning products or solvents.
- Check your skin regularly for dryness or soreness - tell your supervisor if these symptoms appear.

This guidance is issued by the Health and Safety Executive. Following the guidance is not compulsory and you are free to take other action. But if you do follow the guidance you will normally be doing enough to comply with the law. Health and safety inspectors seek to secure compliance with the law and may refer to this guidance as illustrating good practice.

The new way forward.

Try the children's PPE suggestions - see how you get on.



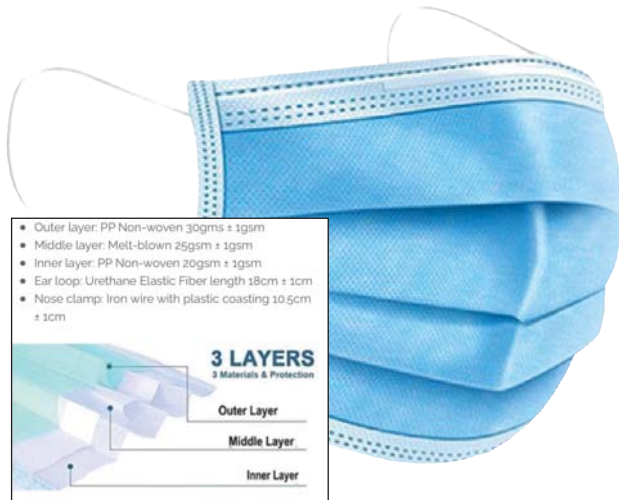
A person wearing a white lab coat is holding a piece of white paper that has been torn in the middle. The left side of the paper says "CORONA" and the right side says "VIRUS". The person's hands are wearing light-colored gloves. The background is a blurred laboratory setting.

CORONA VIRUS

PPE
Products

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Masks



Type IIR

The Type IIR (European Standard) fluid resistant surgical mask is the 'regular' surgical mask often used in clinical settings. Goggles or visors can help avoid eye contamination with respiratory droplets.

Type IIR Masks

Box x 50. **£19.99+VAT**



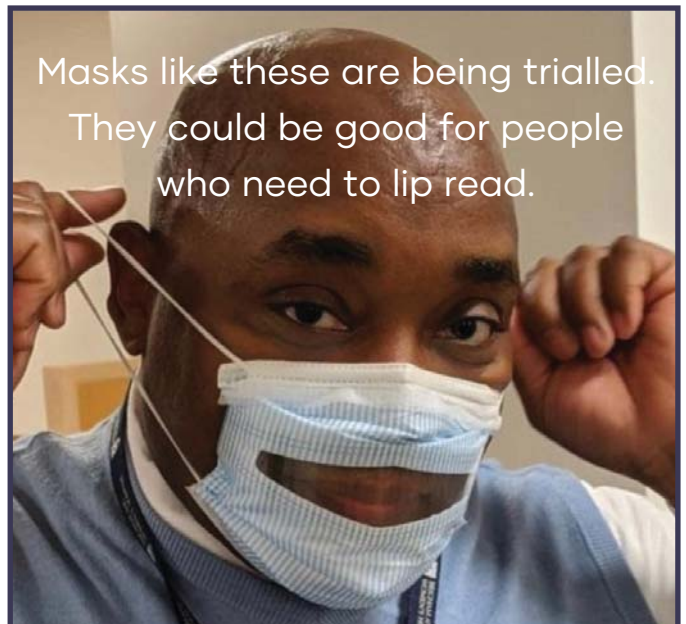
Type FFP2/K95

FFP2 masks have a minimum of 94% filtration percentage and maximum 8% leakage to the inside. They are mainly used by healthcare professionals against influenza viruses.

They are currently used for protection against the coronavirus. FFP3 masks are the most filtering masks of the FFPs.

FFP2 Masks

Box x 5. **£10.50+VAT**



Masks like these are being trialled. They could be good for people who need to lip read.

Masks (face coverings)

There are many types on the market. There are many fabric re-usable masks, but please be careful that you purchase something that can be washed correctly in the washing machine at least once a day. Check the instructions which come with a mask, but usually they should be washed at 60 degrees celsius. It can be tumble dried or left to air dry.

There are cheap 2 ply masks available but these do NOT protect you. We treat clients for micropigmentation or skin rejuvenation, where we work close to our client, so we should use either the Medical Type IIR or a FFP2/ KN95. N95 American coding is the same as a KN95 that we are using. Note: men cannot wear a KN95 if they have a beard or stubble.

We mainly use:

Medical Type IIR disposable. Fluid resistant surgical masks that are claimed as having high bacterial infiltration and efficiency.

The wearing of this mask can cause pressure to the ears, making mask wearing uncomfortable. If you find this then you can purchase ear guards .

Type IIR masks have 3 layers:

Outer – polypropylene non-woven fabric, water repellent effect layer to also repel blood and bodily fluids

Middle – high efficiency blown melt. Designed as a filter to stop germs entering or exiting.

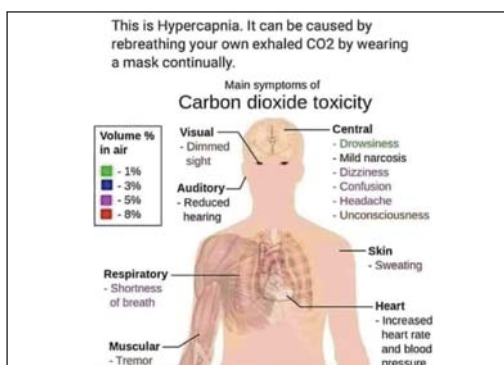
Inner – polyester soft skin-friendly non woven fabric to absorb water and sweat.

They are designed to stop 95% of particles >0.3 microns in size. They must be disposed of correctly after every use.

The second mask we sell is the FFP2/K95

These are the most filtering of the masks but are more uncomfortable to wear (in our opinion from testing). They are known as respiratory face masks. They must be fitted correctly to be efficient. They can cause some people to have problems breathing.

They are not designed to be worn for long periods, so in our industry we must consider two if using a mask more than 30 minutes. You can put this mask on and off, and may be used for about a week if you are not in direct contact with someone, eg: if you are using to travel on public transport.



How to wear a face mask

- Wash hands or use hand sanitizer.
- Place mask over mouth, nose, and chin.
- Secure mask using ties behind the head or with loops around the ear.
- Adjust mask using only the edge of the mask.
- Pinch the nose piece to fit securely around your nose if it has one.

How to remove a face mask

- Wash hands or use hand sanitizer.
- Do not touch the mask.
- Only touch the ties or ear loops.
- Wash hands or use hand sanitizer.

Face Masks should:

- Fit snugly against the sides of the face.
- Be secured with ties or ear loops.
- Include multiple layers of fabric.
- Allow for breathing without difficulty.
- Single use or properly cleaned.

How to wear a face mask

- Mask must be worn to completely cover mouth and nose.
- Change mask if it becomes dirty or wet.
- Once on, do not touch the mask.

HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

EPI·WIN



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Keep covered



Note: We carry in stock surgical gowns with elastic red cuffs.
Details upon request.



Quick guide

Putting on (donning) personal protective equipment (PPE) for aerosol generating procedures (AGPs)

This is undertaken outside the patient's room.

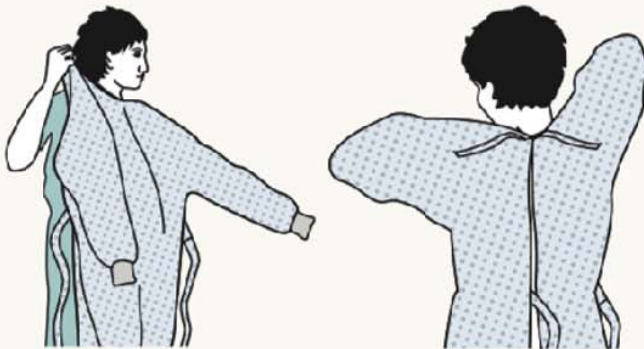
Pre-donning instructions

- ensure healthcare worker hydrated
- tie hair back
- remove jewellery
- check PPE in the correct size is available

Perform hand hygiene before putting on PPE

1

Put on the long-sleeved fluid repellent disposable gown



2

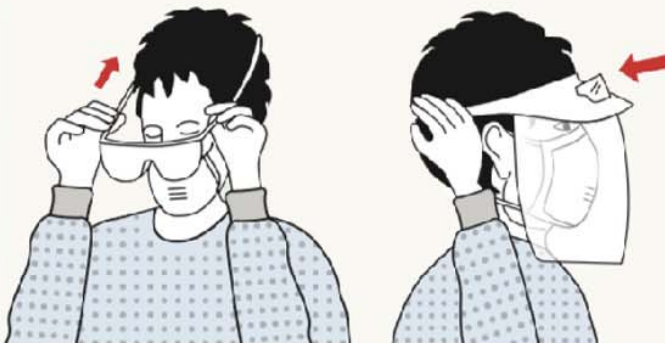
Respirator

Perform a fit check.



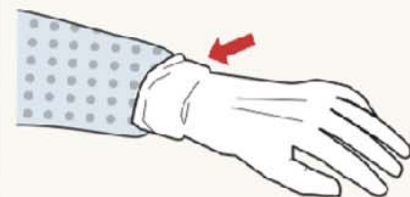
3

Eye protection



4

Gloves



Gloves

White Nitrile Gloves

Sizes: S, M, L



Blue Nitrile Gloves

Sizes: XS, S, M, L



Black Nitrile Gloves

Sizes: S, M



All gloves come in boxes of 100. £14.25+VAT

Wearing of Masks and Gloves

It is possible to have skin flare ups such as acne, rosacea as well as pigmentation outbreaks (skin darkening in mask wearing areas, which generally disappears after a few months).

Wearing masks can dehydrate the skin and the friction can cause itching and redness.

See the skin article from Cell Biologique's Dr Jooste on COVID Care of both your face (from wearing masks) and your hands, (from wearing gloves), in KITT 5 – our back to work edition.

Tips from her article: It is important to moisturise your face 30 minutes prior to applying a mask. It is vital to keep your hands moisturised as cracks in the hands can lead to infection. The continuous use of hand sanitisers causes redness and dryness so apply regularly.



Face Shields



Face Visor with Glasses
Each. **£6.50+VAT**



Face Visor
Each. **£2.50+VAT**
Peel Off the white covering before use.
White film is a protector to keep scratch free.



Face Visor (NHS style)
Each. **£6.50+VAT**



Safety Glasses
Each **£4.95+VAT**



NEW! Mist Defy Anti Fog Spray

Mist-Defy cleaning spray, suitable for all types of glasses.

Mist-Defy provides optimum vision on all lens materials including glass, plastic, and polycarbonate and is effective on all oleophobic, anti reflective and anti-scratch coatings.

Guaranteed for 24 to 36 hours after application. No fogging or misting.

How to use: spray on both sides of the lens and wipe carefully with a soft cloth until completely dry.

Coming soon!

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Sanitise & Disinfect



Disinfectant Spray
Each. £4+VAT



Disinfectant Wipes
Tub £5+VAT

Skin
Disinfectant
500ml
£5+VAT



Pump for
Scrub
5ml dose. £5+VAT

Skin Disinfectant
Pink
600ml
£5.60+VAT



Dispense the
hand sanitiser
on your palms

Waterless use for
refreshingly clean
hands

Rub well over
palms,
backs of hands,
and nails until dry



Skin Wipes
Box x 200. £9+VAT



Hand Sanitiser
500ml. £6+VAT



Hand Sanitiser
75ml. £2.80+VAT



Hand Sanitiser
120ml. £2.80+VAT

Hygiene



Wound Care Packs
Pack x 10. £10+VAT



Gauze Swabs
Pack x 200. £4+VAT



Alcohol Swabs
Box x 100. £4+VAT



Normasol
25 x 25ml. £13+VAT



Sharps Box
1 litre. £3+VAT



Waste Bags
Roll x 50. £10+VAT

Equipment Protection



Pen/Lead Covers
1 roll . **£12+VAT**



Barrier Film
1 roll x 1200 sheets. **£16+VAT**



Couch Roll
40m x 370mm. **£3+VAT**



Bed Wrap
500mm x 300m **£9+VAT**



Elasticated Bed Cover
Black (10). **£7.75+VAT**

INTERNATIONAL Infection Control

— COURSE —

Join the international
movement towards a safer world

This certified online course is **A MUST** for anyone working in
a contact industry

The course is online and can be completed within a day,
and includes:

- The latest information on the pathophysiology of viruses and pandemics
- Updating your safety protocols in line with the latest evidence-based information
- Assuring your clients or patients that they are in safe hands
- Fighting against the need for lockdowns
- On successful completion of the course you will receive certification and a decal to display in your place of work

Assure
your clients
of their
safety

only £99+VAT (until end March)

Normally £199+VAT

Discounts available for groups.

Contact: andy@finishingtouchesgroup.com

Developed by Professor Laurence J. Walsh AO
Leading authority in immunopathology and
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Supported by
The International Safety and
Infection Control Charter

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