

SAFETY

Back Safety

Patient care givers are especially vulnerable to lower back strain because of the tasks involved in providing patient care. It is essential to use proper body mechanics in order to avoid injury. When lifting and/or transferring patients asking for help and using additional staff or mechanical assistance when needed, is another important factor in preventing injury and maintaining a healthy back. Tips for preventing injury.



Lifting

- Maintain the natural curves of the back
- Tighten the abdominal muscles when you lift
- Keep load close to your body
- Avoid twisting as you lift or turn (turn entire body, keeping feet and hips pointing in the same direction)
- Lift with legs and buttocks

Bending

- Maintain the natural curves of your back
- When leaning forward, move your whole body not just your arms
- Bend at the knees and hips rather than your back

Reaching

- Arrange work area to minimize reaching
- Reach only as far as comfortable (keep back straight)

Pushing & Pulling

- Tighten stomach muscles when pushing
- Avoid leaning forward
- Stay close to the load
- Use both arms
- Push rather than pull whenever possible
- Sit close to your work rather than leaning
- Use a chair with good lumbar support
- Change positions often to avoid fatigue.

Emergency Management

CHRISTUS Santa Rosa has an Emergency Management Plan to enable swift and organized response to an emergency need. Code activation is communicated overhead. A facility representative will inform you of your role in the event of an emergency.

Plain Language Emergency codes



Plain Language Emergency Codes allow Associates (employees), emergency responders and guests to understand and act appropriately and effectively based on the information received through the plain language emergency announcement.

Emergency Codes will be announced by the Alert Categories of: Security Alert; Facility Alert; Weather Alert; and Medical Alert.

- **Security Alerts:** protects employees, patients and visitors from any situation or person posing a threat to the safety of any individual(s) within the hospital. Examples include: missing infant or person; violent person with a weapon; bomb threat/suspicious package; combative person/patient.
- **Facility Alerts:** provide for the safety and security of patients, employees and visitors at all times including the management of essential utilities and services. Examples: Fire; Fire Alarm Activation; Emergency Plan Activation; Relocation; Evacuation, Utility/Technology Interruption/Outage.
- **Weather Alerts:** provide clear plain language instructions and situational awareness in the event of dangerous or extreme weather events.
- **Medical Alerts:** provide medical care and support to patients and incident victims while maintaining care and safety of patients, employees and visitors within a health care facility during an incident. Examples: Code Blue; Influx of patients/mass casualty; medical decontamination.

Emergency Codes will be called in a 3 part statement.

First - you will hear the Alert Category;

Second - you will hear a specific code description;

Third - you will hear the location of the emergency.

Example: **Medical Alert**, **Code Blue**, **Rm 5366**

To Call an Emergency Code

- At The Children's Hospital of San Antonio, CHRISTUS Santa Rosa Medical Center or CHRISTUS Santa Rosa Westover Hills from an in-house phone dial 48888 (or 210-704-8888)
- At CHRISTUS Santa Rosa New Braunfels from an in-house phone dial 38888 (or 210-703-8888)

Then tell the operator the emergency and the location (include floor and room number).

When the Operator calls an Emergency Code you are listening for a 3-part statement

1. Alert Category
2. Specific Code Description
3. Location of the Emergency

Example: Facility Alert, Fire, Rm 5302 (5th Floor, Rm 302)

Student Faculty Role in a Code – Follow directions given by the staff. If it is a Code White, immediately seek shelter (preferably in a locked area), turn off lights, cell phone ringers, etc. to make the area appear to be uninhabited. Use caution in responding to fire alarms in a Code White as it may be a ploy to draw more targets in the gunman's path.

Fire Safety

If you discover a fire RACE!

R – Rescue by removing patients, visitors, staff from the area

A – Alarm by calling a Code by using the CHRISTUS Santa Rosa emergency number – see sticker on all in-house phones, **or by pulling the nearest Pull Station**

C - Confine by closing door(s)

E – Extinguish if the fire is small by using the fire extinguisher in the area. Do not attempt to extinguish a fire if it would place you in danger.

When using a fire extinguisher, remember to PASS:

P – Pull the pin

A - Aim the nozzle at the base of the fire

S – Squeeze the handle

S – Sweep from side to side at the base of the fire.

Electrical Safety

Do not use any equipment you have not been trained to use. Always follow the operating instructions. Report any defective equipment immediately and NEVER use defective equipment. Always check the safety inspection sticker on the equipment before patient use. DO NOT USE if the safety sticker date has passed. Examples of potential indicators that a piece of electrical equipment is defective include:

- The plug is missing the third or grounding pin
- The cord is frayed
- The plug does not fit properly in the outlet
- The equipment feels unusually warm to touch
- The equipment smells hot
- The equipment makes a noise or pops when turned off
- Knobs or switches are loose or worn
- You experience a tingling feeling when you touch the equipment

Additional Considerations

- Turn equipment off before unplugging or plugging it in
- To unplug equipment, pull on the plug, NEVER pull on the cord
- Avoid extension cords
- All critical patient electrical equipment must be plugged into the red emergency outlets at all times (connected to the hospital's emergency generators)

- Non hospital owned (patient, physician owned or rented) may not be used unless approved by the hospital (consult a staff member for help if this issue arises)

SHARPS Safety

CHRISTUS Santa Rosa Health Care has sharp safety devices to protect healthcare workers. Please ask on the unit you are assigned what devices are available for your use and for an inservice by the staff on their proper use.

Hazardous Chemical Spills

Each department/unit has individuals especially trained to clean hazardous spills, if one occurs get a staff member immediately to help you.

The Globally Harmonized System (GHS) for Hazard Classification & Labeling:

The Development of a worldwide system for Hazard Communication

OSHA revised its Hazard Communication Standard (HCS) to align with the United Nation's Globally Harmonized System of Classification and Labeling of Chemicals (GHS) published in the Federal Register in March 2012.

3 major areas of change are in hazard classification, the use of new labeling elements and standardized format for Safety Data Sheets (SDS), formerly known as Material Safety Data Sheets (MSDS). This new system will improve worker understanding of the hazards associated with the chemical in their workplace.

Hazardous Chemical Labels will have:

- Product Identifier – how the hazardous chemical is identified; such as chemical name
- Signal Word – relative degree of severity of the hazard. The signal words are:
 - “Danger” – for the more severe hazards
 - “Warning” for the less severe hazards
 - Some lower level hazard categories do not use signal words
- Pictograms* – a square set at a point with a black hazard symbol on a white background with a red frame. OSHA has designated 8 pictograms (see below for pictograms)
- Hazard Statement – describes the nature of the hazard, such as, “causes damage to the kidneys through prolonged or repeated exposure when absorbed through the skin.”
- Precautionary Statement – a phrase that describes recommended measures that should be taken to minimize or prevent adverse effects resulting from exposure to a hazardous chemical or improper storage or handling.

<p><u>Flame over circle</u></p>  <ul style="list-style-type: none"> • Oxidizers 	<p><u>Flame</u></p>  <ul style="list-style-type: none"> • Flammables • Pyrophorics • Self-Heating • Emits Flammable Gas • Self Reactives • Organic Peroxides 	<p><u>Exploding bomb</u></p>  <ul style="list-style-type: none"> • Explosives • Self Reactives • Organic Peroxides 	<p>The Hazard Pictograms*</p> <p>There are nine pictograms under the GHS to convey the health, physical and environmental hazards. The final Hazard Communication Standard (HCS) requires eight of these pictograms, the exception being the environmental pictogram, as environmental hazards are not within OSHA's jurisdiction.</p>
<p><u>Skull and crossbones</u></p>  <ul style="list-style-type: none"> • Acute toxicity (severe) 	<p><u>Corrosion</u></p>  <ul style="list-style-type: none"> • Corrosives 	<p><u>Gas cylinder</u></p>  <ul style="list-style-type: none"> • Gases under pressure 	
<p><u>Health Hazard</u></p>  <ul style="list-style-type: none"> • Carcinogen • Mutagenicity • Reproductive Toxicity • Respiratory Sensitizer • Target Organ Toxicity • Aspiration Toxicity 	<p><u>Environment</u></p>  <ul style="list-style-type: none"> • Aquatic Toxicity 	<p><u>Exclamation mark</u></p>  <ul style="list-style-type: none"> • Irritant • Skin Sensitizer • Acute Toxicity (harmful) • Narcotic effects • Respiratory Tract Irritation • Hazardous to Ozone Layer 	

The Safety Data Sheets will have 16 sections as follows:

- Section 1. Identification
- Section 2. Hazard(s) Identification
- Section 3. Composition/Information on ingredients
- Section 4. First Aid measure
- Section 5. Firefighting measures
- Section 6. Accidental release measures
- Section 7. Handling and storage
- Section 8. Exposure controls/personal protection
- Section 9. Physical and chemical properties
- Section 10. Stability and reactivity
- Section 11. Toxicological information
- Section 12. Ecological information
- Section 13. Disposal considerations
- Section 14. Transport information
- Section 15. Regulatory information
- Section 16. Other information, including date of preparation or last revision