



**Community Infection Prevention and Control  
Policy for Domiciliary Care staff**

# **Safe management of blood and body fluid spillages**

**SAFE MANAGEMENT OF BLOOD  
AND BODY FLUID SPILLAGES**

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Signed: .....

Job Title: .....

Adoption Date: .....

Review Date: .....

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# SAFE MANAGEMENT OF BLOOD AND BODY FLUID SPILLAGES

# SAFE MANAGEMENT OF BLOOD AND BODY FLUID SPILLAGES

## 1. Introduction

This Policy is one of the 'Standard infection control precautions' (SICPs) referred to by NHS England in the *National infection prevention and control manual (NIPCM) for England*.

Blood and body fluids, e.g. urine, faeces and vomit, may contain a large number of microorganisms, such as bacteria and viruses.

Staff who may have contact with blood or blood stained body fluids, or are exposed to sharps or other exposure risks, should have the opportunity for hepatitis B vaccination and antibody testing to check for their response.

Contamination or spillages with blood or body fluids should be dealt with immediately, as this may expose staff and others to infection. Blood and body fluid spillages should be managed by staff trained in the correct procedure.

Always use SICPs and, when required, 'Transmission based precautions' (TBPs), refer to the 'SICPs and TBPs Policy'.

**When caring for service users in relation to any new or emerging infection, staff should refer to national infection prevention and control guidance.**

## 2. Dealing with spillages

**Best practice is to use an appropriate spillage kit for the type of spillage, following the manufacturer's instructions and ensuring it is within the expiry date. Some spillage kits are suitable for all types of body fluids, including blood, e.g. spill wipes, always check the manufacturer's instructions on suitability and usage.**

Alternatively, use a chlorine-based solution, such as household bleach. It is important to note that different dilutions of household bleach are required for different types of spillages, e.g. the dilution for dealing with blood/blood stained body fluid spillages differs to that required for dealing with body fluid spillages that are not blood or blood stained (see Sections 3 and 4).

See Section 4 'Note' regarding solution use on unsuitable surfaces and urine.

### 3. Dealing with blood/blood stained body fluid spillages

Items contaminated with blood or any body fluids stained with blood should be disinfected promptly and then the affected area cleaned to reduce the risk of infection to other people.

Appropriate personal protective equipment (PPE) should be worn when dealing with blood and body fluid spillages.

**Best practice is to use an appropriate spillage kit for the type of spillage, following the manufacturer's instructions as above.**

Alternatively, use a chlorine-based solution, such as household bleach, following the manufacturer's instructions, or prepare as below.

#### Action for blood and/or blood stained body fluid spillages

*Prepare a household bleach solution at a dilution of 1 in 10, e.g. 10 ml of household bleach in 100 ml of cold water.*

1. Clean hands and put on a disposable apron and gloves (wear facial protection if there is a risk of splashing to the eyes, nose or mouth).
2. Ventilate the area, e.g. open windows/doors, as chlorine fumes will be released from the bleach.
3. Place disposable paper towels, e.g. kitchen roll, over the spillage to absorb and contain it, then apply the household bleach solution to the towels. Leave for the required contact time as per manufacturer's instructions.
4. Clear away paper towels/spillage and dispose of by putting in a plastic bag.
5. Clean the area with a detergent wipe or disposable cloth, general purpose neutral detergent, e.g. washing up liquid, and warm water, then leave to air dry or dry with paper towels.
6. Dispose of cloth and paper towels in the plastic bag.
7. Remove gloves and then remove apron. Dispose of in the plastic bag, tie the plastic bag and place into the waste bin.
8. Wash hands with liquid soap and warm running water, rinse and dry thoroughly to prevent the transmission of infection.

### 4. Dealing with body fluid spillages (not blood/blood stained)

Clean up body fluids, such as urine, faeces and vomit, promptly. The affected area should be disinfected and then cleaned to reduce the risk of infection to

other people.

**Best practice is to use an appropriate spillage kit for the type of spillage, following the manufacturer's instructions as above.**

Alternatively, use a chlorine-based solution, such as household bleach, following the manufacturer's instructions, or prepare as below.

### Action for body fluid spillages (not blood/blood stained)

*Prepare household bleach solution at a dilution of 1 in 100, e.g. 10 ml of household bleach in 1 litre of cold water.*

1. Clean hands and put on a disposable apron and gloves (wear facial protection if there is a risk of splashing to the eyes, nose or mouth).
2. Ventilate the area, e.g. open windows/doors, as chlorine fumes will be released from the bleach.
3. Soak up any excess liquid or clean up any solid material using paper towels, e.g. kitchen roll.
4. Clear away paper towels/spillage, dispose of by putting in a plastic bag.
5. Disinfect with the household bleach solution. Leave for the required contact time as per manufacturer's instructions.
6. Clean the area with a detergent wipe or disposable cloth, general purpose neutral detergent, e.g. washing up liquid, and warm water, then leave to air dry or dry with paper towels.
7. Dispose of cloth and paper towels in the plastic bag.
8. Remove gloves and then remove apron. Dispose of in the plastic bag, tie the plastic bag and place into the waste bin.
9. Wash hands with liquid soap and warm running water, rinse and dry thoroughly to prevent the transmission of infection.

### 5. Use of chlorine-based disinfectants

Note:

- Chlorine-based disinfectants, such as household bleach, should not be used on soft furnishings, untreated wood and carpets, as it will cause 'whitening/bleaching'. Therefore, only general purpose neutral detergent and warm water, a carpet shampoo machine or steam cleaner, should be used
  - Do not use a chlorine-based disinfectant solution directly on urine as toxic fumes will be released
- Always use the appropriate PPE, e.g. disposable apron and gloves, and wear facial protection if there is a risk of splashing to the face.

- Always use cold water when diluting chlorine-based disinfectants. Using hot water breaks down the active ingredient of bleach, making it ineffective (meaning the bleach does not work).
- If the dilution of the chlorine-based disinfectant is incorrect and a weak solution is used, any blood borne virus, e.g. hepatitis B, hepatitis C or HIV, will not be killed. If the dilution is too strong, the care equipment or surfaces may be damaged.
- Diluted chlorine-based disinfectant solutions, such as household bleach, become less effective after 24 hours. When a solution is made, the date and time should be recorded and the solution disposed of after 24 hours.
- To ensure that microorganisms are killed, always leave chlorine-based disinfectant solutions for the contact time as per manufacturer's instructions.
- If soft furnishings or other items are heavily contaminated with blood or body fluids that cannot be adequately decontaminated, they may need to be disposed of.

## 6. Infection Prevention and Control resources, education and training

See Appendix 1 for the 'Safe management of blood and body fluid spillages: Quick reference guide'.

The Community Infection Prevention and Control (IPC) Team have produced a wide range of innovative educational and IPC resources designed to assist Domiciliary Care in achieving compliance with the *Health and Social Care Act 2008: code of practice on the prevention and control of infections and related guidance* and CQC registration requirements.

These resources are either free to download from the website or available at a minimal cost covering administration and printing:

- 24 IPC Policy documents for Domiciliary Care staff
- Preventing Infection Workbook: Guidance for Domiciliary Care staff
- IPC audit tools, posters, packs, leaflets and factsheets
- IPC Bulletin for Domiciliary Care staff

In addition, we hold educational study events in North Yorkshire.

Further information on these high quality evidence-based resources is available at [www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk).

### 7. References

Department of Health and Social Care (Updated December 2022) *Health and Social Care Act 2008: code of practice on the prevention and control of infections and related guidance*

Health and Safety Executive *How to deal with an exposure incident*  
[www.hse.gov.uk/biosafety/blood-borne-viruses/how-deal-exposure-incident.htm](http://www.hse.gov.uk/biosafety/blood-borne-viruses/how-deal-exposure-incident.htm)

NHS England (Updated 2024) *National infection prevention and control manual (NIPCM) for England*

### 8. Appendices

Appendix 1: Safe management of blood and body fluid spillages: Quick reference guide



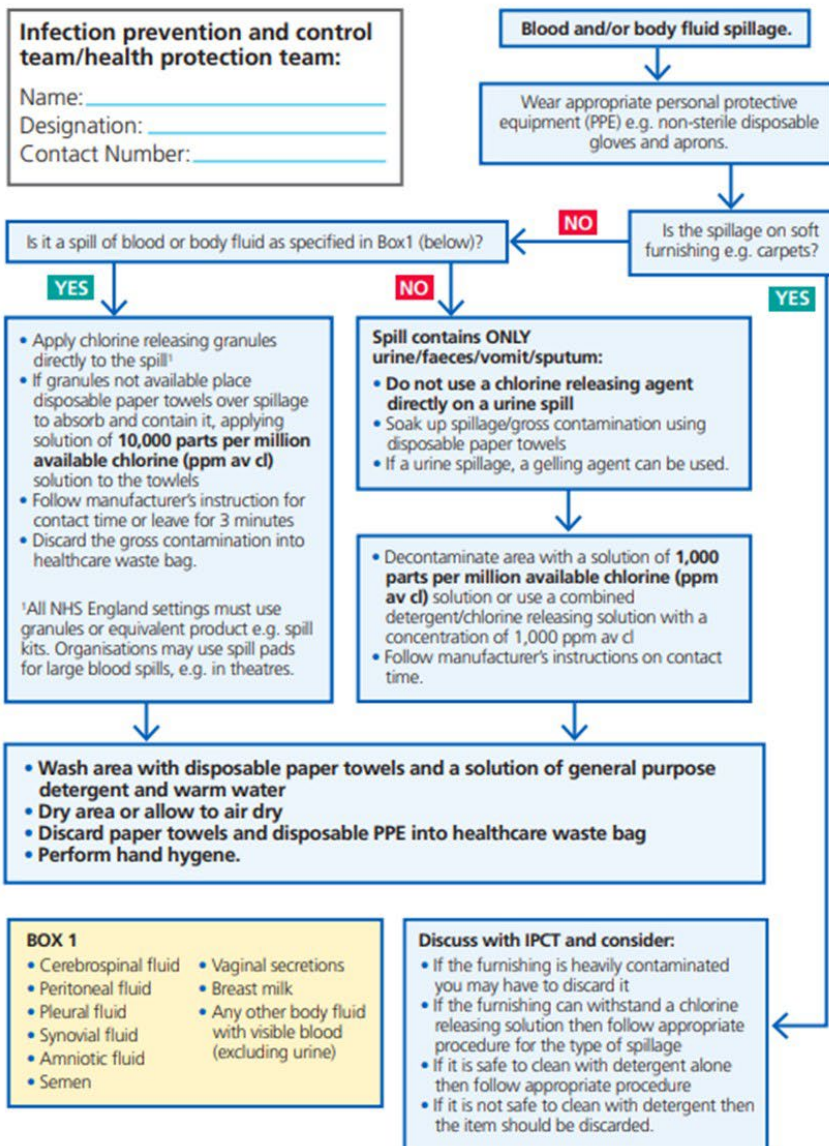
# Appendix 1: Safe management of blood and body fluid spillages: DC 15 Quick reference guide



## Safe management of blood and body fluid spillages: Quick reference guide for Domiciliary Care

### Appendix 9: Management of blood and body fluid spills

**Infection prevention and control team/health protection team:**  
 Name: \_\_\_\_\_  
 Designation: \_\_\_\_\_  
 Contact Number: \_\_\_\_\_



Reproduced flow chart from the *National infection prevention and control manual (NIPCM) for England Appendix 9: Management of blood and body fluid spills*

#### Additional notes for Domiciliary Care staff:

- 10,000 parts per million available chlorine (ppm av cl) is 10 ml of household bleach in 100 ml of cold water
- 1,000 parts per million available chlorine (ppm av cl) is 10 ml of household bleach in 1 litre of cold water
- Follow manufacturer's instructions for household bleach contact time
- Gelling agents are not usually available in Domiciliary Care settings
- For disposal of waste, Domiciliary Care staff should use a plastic bag
- Chlorine-based disinfectants, such as household bleach, should not be used on soft furnishings, untreated wood and carpets, as it will cause 'whitening/bleaching'. Therefore, only general purpose detergent and warm water, a carpet shampoo machine or steam cleaner, should be used

For further information, please refer to the full Policy which can be found at [www.infectionpreventioncontrol.co.uk/domiciliary-care/policies/](http://www.infectionpreventioncontrol.co.uk/domiciliary-care/policies/)

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