

# Pause for Prevention

## Module 5: Safety Behaviors are for Everyone

Staying safe in a healthcare work environment requires:

**Awareness**

**Education  
& Training**

**Teamwork**

### Infectious Agents (Germs)

- Bloodborne pathogens like hepatitis, etc.
- Influenza (flu)
- Resistant organisms like methicillin-resistant staphylococcus aureus (MRSA), Clostridiodes difficile (C. diff) and many more
- Tuberculosis
- COVID-19
- Foodborne illness

*Scan to access [Infectious Agents Risk Factors \(CDC\)](#)*



### Chemical Hazards

The list below does not reflect a complete list of chemical hazards. Consult your facility's Safety Data Sheets for information on potential chemical hazards in your work environment.

- Medications that aerosolize (are partially released into the air)
- Disinfectants (cleaning solutions) used to clean equipment, floors, etc.
- Ingredients used to support the identification of lab specimens
- Hand sanitizers (ingested)

*Scan to access [Chemical Hazards Risk Factors \(CDC\)](#)*



### Physical Hazards

The list below does not reflect a complete list of potential physical hazards.

- Lifting and transferring
- Violence
- Combative behavior
- Wet floors
- Clutter
- Inadequate lighting

*Scan to access [Safe Lifting and Movement of Nursing Home Residents \(CDC\)](#)*



### Work Stress

- Long work hours
- High acuity assignments
- Risk for hazardous exposures
- Physical demands

*Scan to access [Stress At Work \(CDC\)](#)*



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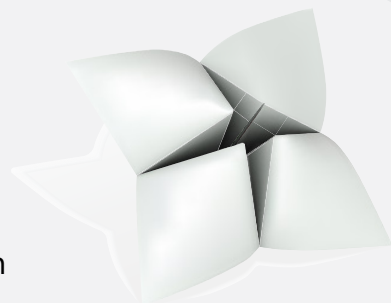
## Module 5: Safety Behaviors are for Everyone

For more information on topics that impact healthcare workers, visit the [CDC's website](#) or scan the QR code:



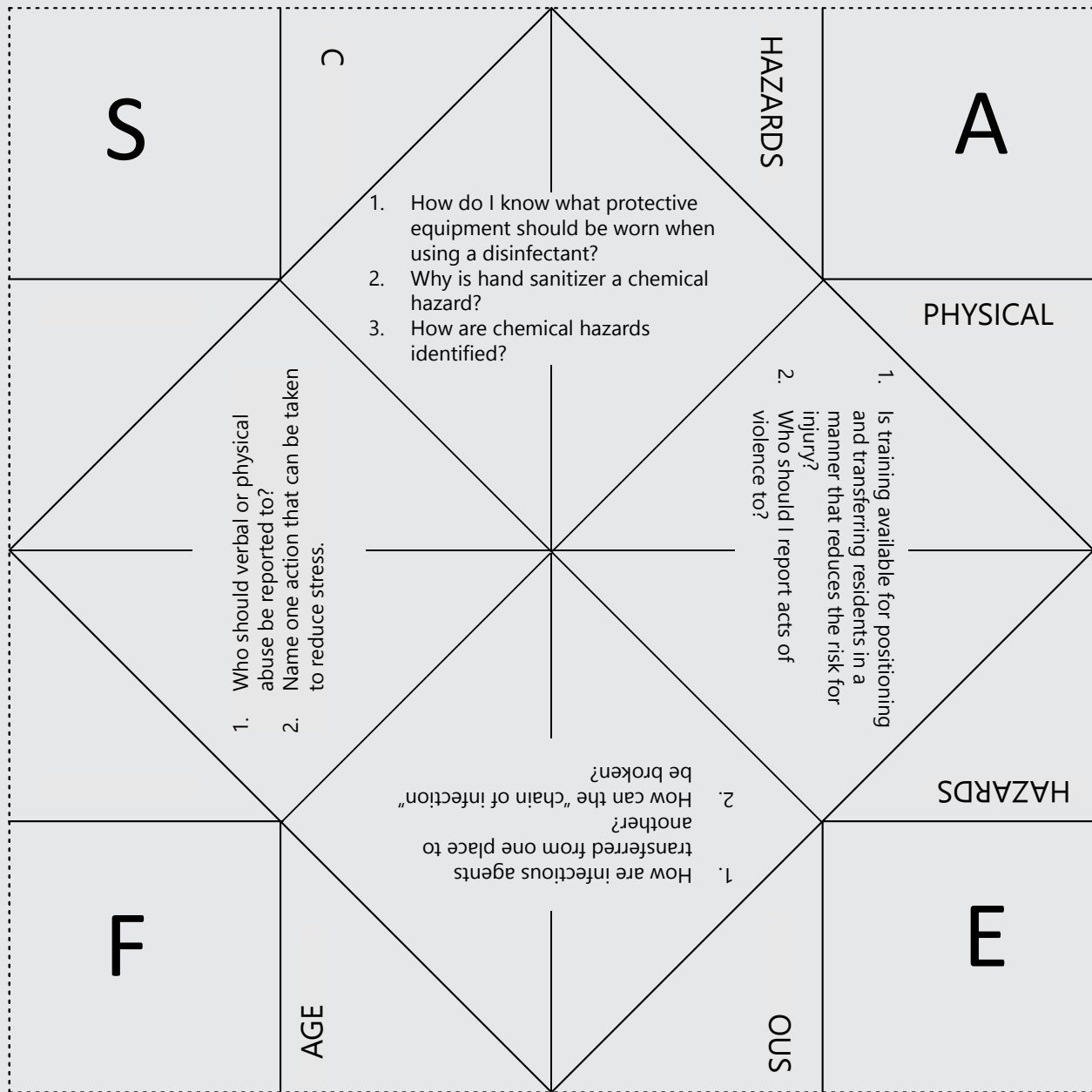
### Instructions for Leader:

1. Print, cut-out and fold chatterbox (make several copies) according to instructions included with chatterbox diagram.
2. Print several copies of the "Safety Behaviors Are for Everyone" flyer.
3. Print several copies of the discussion prompts and provide to attendees. The answers to the chatterbox questions can be found in the content of the flyer or discussion prompts.
4. Gather your team in a place where the activity can be carried out without distraction. Groups of 3-4 are recommended for this activity.
5. Provide each small group with a chatterbox.
6. The chatterbox should read "SAFE" in its closed position.
  - a. For the first turn have the user complete the spelling of S-A-F-E while opening and closing the chatterbox.
    1. Opening and closing the chatterbox will land the user on flaps with the following titles to choose from:
      - a. Infectious Agents
      - b. Physical Hazards
      - c. Chemical Hazards
      - d. Work Stress
    2. Once a selection is made, the user lifts the flap to reveal a question for the group.
    3. When the question is answered, the user gives the chatterbox to another team member for their turn at working the chatterbox.
      - a. The questions are intended to prompt discussion – use the answer key to ensure everyone understands the appropriate answer(s).
      - b. Each category has more than one question. As the chatterbox is passed to the next user and a category is selected, a different question can be selected.
    4. It's necessary to reduce the number of letters in S-A-F-E in order to land on different categories. For the second turn, have the user spell S-A-F, for the third turn, S-A, and then back to S-A-F-E.
    5. Provide copies of the flyer to access additional information.
  - \*Remember, posted flyers, etc. must be laminated or placed in sleeves and mounted using a facility-approved adhesive on the back of the document.

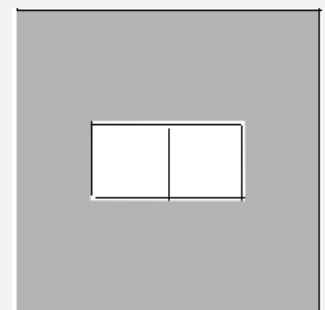
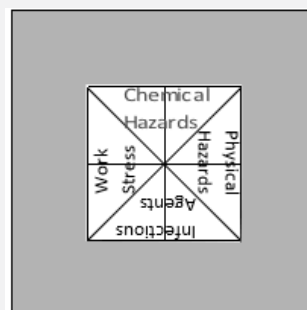
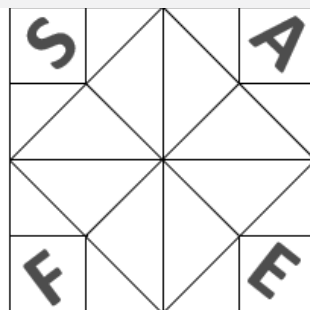


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## Module 5: Safety Behaviors are for Everyone



- Cut out the chatterbox using the perforation "dots" as a guide.
- Fold back the 4 lettered corners to make a large square.
- Flip over and fold triangles so labels, "Chemical Hazards, Infectious Agents," etc. face each other.
- Fold in half so letters (S-A-F-E) are facing the outside of the chatterbox.
- Place thumbs (facing you) and middle fingers inside the flap under each letter.
- When in a closed position the chatterbox reads "SAFE."



# Pause for Prevention

## Module 5: Chatterbox Discussion Prompts

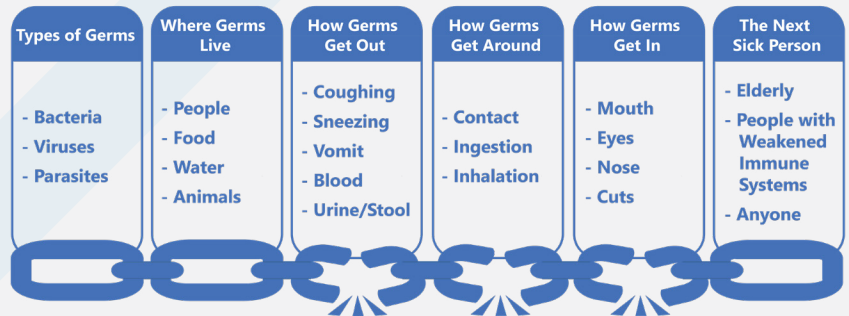
### Infectious Agents (Germs)

Sources of germs include:

- People: residents, healthcare workers visitors
- Environment: bed rails, medical equipment, countertops, tables, etc.
- Biofilms: faucets and sinks, etc.
- Dust or debris
- Water leaks
- Animals
- Improperly handled or improperly prepared food

### Breaking the Chain of Infection

Practicing hand hygiene is a simple yet effective way to prevent infections. Clean hands are the single most important factor in preventing the spread of germs in health care settings.



### Chemical Hazards

- Personal protective equipment (PPE) is necessary when using disinfectants. Knowing how to [read a disinfectant label](#) is important. The manufacturer's instructions for use and the Safety Data Sheet (SDS) contain information about appropriate use of the disinfectant and the expectations for PPE.
- Hand sanitizer is a chemical hazard when ingested. The use of hand sanitizer by residents should be supervised when there is a limited capacity for understanding or remembering how hand sanitizer is used.
- Chemical hazards are identified by their impact (i.e., health hazard, fire hazard, instability or other specific impact). Team members need to be familiar with chemicals commonly used in their work areas and their hazard identification.



### Physical Hazards

- Know how to lift and transfer residents safely. Understanding how to position your body in preparation for lifting or transferring is key in preventing injuries. Training with lift equipment is critical to use assistive devices safely and effectively.
- Ask about your facility's measures for avoiding violence (verbal and physical abuse) and the expectations for reporting. Your immediate supervisor should be made aware as soon as any indication of violence (verbal or physical) is apparent to anyone.

[Scan to access How to Read a Disinfectant Label](#)



### Work Stress

- Use a buddy system! (especially during an outbreak or pandemic, or when acuity is high, or assignments are heavy) to identify when fatigue increases the potential for workplace errors or injuries. Make a habit of checking in with each other! Report close calls so that safer work strategies can be put into place.
- Get your sleep! Sleep extra hours on days off to "bank sleep hours" before working several days or nights in a row.
- Eat healthy! A nutritious diet will improve your body's capacity to deal with stress.
- Stay physically active outside of work. A walk in nature is a great stress reducer!