

"For Safety's Sake - Do Something"

What's SUP?

For most of us, it is in our nature to jump in and help out in a crisis. But if we don't protect ourselves when we help the injured, we risk exposure to blood born pathogens or other potentially infectious bodily fluids. The **Standard Universal Precautions** is an approach that recommends handling ALL blood and other bodily substances as if they are infectious. Standard precautions include hand washing and the use of appropriate personal protective equipment such as gloves*, gowns, and masks whenever exposure to body fluids is anticipated. For more information visit: <https://www.osha.gov/SLTC/etools/hospital/hazards/univprec/univ.html>



*Use caution with your choice of protective gloves as some people have serious allergic reactions to latex.

In An Emergency...Do You Know

Where is your first aid kit? Where is the AED located? What is the address to tell emergency responders? Who do you call for emergency help? Who are the trained emergency responders in-house? What does your Emergency Action Plan say?