FIRE SAFETY & PREVENTION (IN-DEPTH)

FIRE TRIANGLE

A fire needs **ALL 3**:

- **Heat**
- **Fuel**
- **Oxygen**

Remove ANY one = fire stops

FIRE PREVENTION

General Prevention:

- Do not overload outlets
- Inspect electrical cords
- Keep flammable materials away from heat sources
- Store oxygen properly
- No smoking in oxygen areas

Hospital-Specific Risks:

- Oxygen-rich environments
- Electrical equipment (X-ray machines)
- Paper/linen supplies

FIRE EMERGENCY RESPONSE

RACE (MUST MEMORIZE)

- **R**escue → remove patients from danger
- **A**larm → activate fire alarm / call code
- **C**ontain → close doors/windows
- **E**xtinguish → if safe

FIRE EXTINGUISHERS

PASS (HOW TO USE)

- **P**ull the pin
- **A**im at base of fire
- **S**queeze handle
- **S**weep side to side

🔥 TYPES OF FIRE EXTINGUISHERS 🔥

Class	Type of Fire
A	Wood, paper
B	Flammable liquids
C	Electrical fires
ABC	Multi-purpose (MOST COMMON in hospitals)

Electrical fire → **Class C**

FIRE CONTAINMENT

- Close doors → slows spread
- Turn off oxygen if safe
- Do NOT use elevators
- Follow evacuation routes

FIRE PREPAREDNESS

- Know fire exits
- Know extinguisher locations
- Participate in drills
- Keep hallways clear

⚡ ELECTRICAL SAFETY

BASIC RULES

- Never use equipment with damaged cords
- Keep hands dry
- Do not overload outlets
- Report malfunctioning equipment
- Use grounded outlets

HOSPITAL RISKS

- X-ray machines
- Portable equipment
- Wet environments

WHAT TO DO IF EQUIPMENT MALFUNCTIONS

- Stop using immediately
- Unplug if safe
- Tag and report

⚡ ELECTRICAL SHOCK

WHAT IS ELECTRICAL SHOCK?

Electric current passing through body → can cause:

- Burns
- Cardiac arrest
- Muscle spasms

❗ DO NOT:

- Touch patient if still in contact with electricity

CORRECT ACTIONS:

1. Turn off power source
2. Use non-conductive object (wood/plastic) if needed
3. Call for help
4. Check ABCs (Airway, Breathing, Circulation)
5. Begin CPR if needed

SEVERITY FACTORS

- Voltage
- Duration
- Path through body

- **RACE = fire response**
- **PASS = extinguisher use**
- **Class C = electrical fire**
- **Oxygen increases fire risk**
- **NEVER touch patient during active shock**
- **Turn power OFF first**
- **Close doors to contain fire**

1. A fire requires which three elements?
A. Water, heat, oxygen
B. Heat, fuel, oxygen
C. Fuel, water, air
D. Heat, electricity, oxygen

2. The FIRST step in RACE is:
A. Alarm
B. Contain
C. Rescue
D. Extinguish

3. What does PASS stand for?
A. Pull, Aim, Squeeze, Sweep
B. Push, Aim, Stop, Spray
C. Pull, Activate, Spray, Sweep
D. Push, Alert, Squeeze, Sweep

4. Electrical fires are classified as:
A. Class A
B. Class B
C. Class C
D. Class D

5. Which increases fire risk in hospitals?
A. Water
B. Oxygen
C. Lead aprons
D. Gloves

6. What should you do FIRST in an electrical shock situation?
A. Touch patient
B. Call family
C. Turn off power
D. Start CPR

7. What should NEVER be done during electrical shock?
A. Call for help
B. Turn off power
C. Touch patient directly
D. Use nonconductive object

8. Best way to contain a fire:
A. Open doors
B. Close doors
C. Add water
D. Turn lights off

9. Which extinguisher is most commonly used in hospitals?
A. Class A
B. Class B
C. Class C
D. ABC

10. Where should you aim a fire extinguisher?
A. Top of flames
B. Middle of fire
C. Base of fire
D. Above fire

11. Overloading outlets can cause:
A. Water damage
B. Fire hazard
C. Radiation exposure
D. Infection

12. What type of material fuels a Class A fire?
A. Gasoline
B. Paper
C. Electrical wires
D. Metals

13. Which action is part of fire preparedness?
A. Ignoring drills
B. Blocking exits
C. Knowing evacuation routes
D. Overloading outlets

14. If equipment sparks, you should:
A. Continue using it
B. Ignore it
C. Stop and report
D. Pour water

15. Which material is safe to use to move a shocked patient?
A. Metal rod
B. Wet towel
C. Wooden stick
D. Bare hands

16. What does oxygen do in a fire?
A. Stops fire
B. Slows fire
C. Fuels fire
D. Has no effect

17. What should you do after rescuing a patient in a fire?
A. Leave building
B. Alarm
C. Contain fire
D. Use extinguisher

18. Fire extinguishers should be used:
A. Always
B. Only if trained and safe
C. Never
D. Only by firefighters

19. What is the main danger of electrical shock?
A. Infection
B. Burns only
C. Cardiac arrest
D. Radiation

20. What should be checked regularly for safety?
A. Gloves
B. Cords
C. Masks
D. Shoes

⚠ FALLS & COLLISION ACCIDENTS + SPILLS

WHY FALLS HAPPEN

- Weakness / mobility issues
- Dizziness (medications, post-op, contrast reactions)
- Elderly patients
- Poor communication
- Cluttered environment

FALL PREVENTION STRATEGIES

BEFORE MOVING PATIENT

- Verify patient condition
- Ask: “Are you dizzy or weak?”
- Assess ability to move

DURING MOVEMENT

- Stay close to patient
- Use assistive devices if needed
- Support patient properly
- Move slowly

EQUIPMENT SAFETY

- Lock wheels (bed, stretcher, wheelchair)
- Keep bed low when possible
- Raise side rails if needed

AFTER POSITIONING

- Ensure patient is stable
- Call bell within reach
- Never leave unstable patient alone

🚨 IF A PATIENT STARTS TO FALL

DO NOT try to stop fall forcefully

Correct Action:

- Guide patient to floor
- Protect head
- Bend knees to lower safely

❗ IF A PATIENT FALLS

1. Stay with patient
2. Assess for injury
3. Call for help
4. Do NOT move patient if injury suspected
5. Report incident

COLLISION ACCIDENTS

COMMON CAUSES

- Moving too fast
- Poor visibility
- Cluttered hallways
- Not checking surroundings

PREVENTION

- Move equipment slowly
- Look ahead when transporting
- Announce presence when turning corners
- Keep hallways clear
- Use proper lighting

❗ IF COLLISION OCCURS

1. Stop immediately
2. Check patient condition
3. Report incident
4. Document appropriately

SPILLS

TYPES OF SPILLS

1. NON-HAZARDOUS

- Water
- Juice

2. HAZARDOUS

- Blood/body fluids
- Chemicals

⚠ RISKS

- Slips and falls
- Infection spread
- Chemical exposure

SPILL PREVENTION

- Clean immediately
- Use warning signs (“Wet Floor”)
- Keep work areas organized
- Dispose of waste properly

CLEANING SPILLS

NON-HAZARDOUS:

- Wipe immediately
- Dry area
- Place warning sign

HAZARDOUS (BIOHAZARD):

- Wear PPE (gloves minimum)
- Use approved disinfectant
- Dispose in biohazard container

CHEMICAL SPILLS:

- Follow SDS guidelines
- Use spill kit
- Report incident

❗ IMPORTANT RULES

- Never ignore a spill
- Always mark area
- Protect yourself FIRST

- **Lock wheels before transfer**
- **Never leave weak patient alone**
- **Guide fall — don't stop it**
- **Clean spills immediately**
- **Use PPE for body fluids**
- **Report ALL incidents**
- **Move equipment slowly**
- **Use "Wet Floor" signs**

1. The MOST important step before moving a patient is:

A. Positioning
B. Assess patient condition
C. Lock doors
D. Increase speed

2. Which patient is at highest risk for falls?
A. Healthy adult
B. Elderly patient
C. Athlete
D. Technician

3. What should you do if a patient says they feel dizzy?
A. Ignore
B. Proceed quickly
C. Stop and assist
D. Leave patient

4. Wheels should be:
A. Unlocked
B. Locked before transfer
C. Removed
D. Adjusted after transfer

5. If a patient begins to fall, you should:
A. Grab forcefully
B. Step away
C. Guide to floor
D. Lift patient

6. After a fall, what is FIRST?
A. Move patient
B. Assess injury
C. Continue exam
D. Leave area

7. Which is a common cause of collisions?
A. Moving slowly
B. Good lighting
C. Cluttered hallways
D. Clear pathways

8. Best way to prevent collisions:

A. Move quickly
B. Look ahead
C. Ignore surroundings
D. Run

9. What should you do if equipment hits a patient?
A. Ignore
B. Continue
C. Check patient and report
D. Leave

10. What type of spill is blood?
A. Non-hazardous
B. Hazardous
C. Safe
D. Chemical

11. What PPE is required for blood spill?
A. Mask only
B. Gloves
C. None
D. Shoes

12. First step when seeing a spill:
A. Walk away
B. Clean immediately
C. Ignore
D. Call later

13. Wet floor signs are used to:
A. Decorate
B. Warn others
C. Clean faster
D. Reduce lighting

14. Chemical spills require:
A. Water only
B. SDS protocol
C. Ignoring
D. Towels only

15. When transporting a patient, you should:

A. Run
B. Move slowly
C. Close eyes
D. Rush

16. If a patient is weak, you should:
A. Leave them
B. Assist them
C. Ignore
D. Move quickly

17. What is the biggest risk of spills?
A. Fire
B. Slips/falls
C. Radiation
D. Noise

18. Hallways should be:
A. Cluttered
B. Clear
C. Dark
D. Narrow

19. What is FIRST in preventing falls?
A. Speed
B. Assessment
C. Equipment
D. Lighting

20. What should you NEVER do with a spill?
A. Clean it
B. Ignore it
C. Mark area
D. Report

ERGONOMICS & BODY MECHANICS (IN-DEPTH)

ERGONOMICS

Ergonomics = designing work to fit the worker

Goals:

* Prevent injury (especially back injuries)
* Improve efficiency
* Reduce fatigue

In Radiography:

* Adjust table height
* Position equipment before moving patient
* Avoid awkward reaching
* Use assistive devices

Poor ergonomics = chronic injury risk

BODY MECHANICS

PRINCIPLES

1. BASE OF SUPPORT

* Feet shoulder-width apart
* Wide base = more stability

2. CENTER OF GRAVITY

* Keep patient/object close to body

3. USE LEGS, NOT BACK

* Bend knees
* Keep back straight

4. AVOID TWISTING

* Pivot with feet

5. SMOOTH, CONTROLLED MOVEMENTS

* Avoid jerking

6. GET HELP WHEN NEEDED

* Never lift heavy patient alone

⚠ COMMON ERRORS

* Twisting while lifting
* Bending at waist
* Lifting too far from body
* Not locking wheels

BODY POSITIONS (PATIENT POSITIONING BASICS)

Common Positions:
* Supine → lying on back
* Prone → lying on stomach
* Lateral → side-lying
* Fowler's → semi-upright
* Sims → semi-prone

SUPPORT & PADDING

PURPOSE:
* Comfort
* Prevent injury
* Maintain position

Common Tools:
* Sponges
* Pillows
* Sandbags

Key Points:
* Support joints
* Protect bony prominences
* Prevent pressure injuries

HELPING PATIENTS CHANGE POSITIONS

STEPS:

1. Explain procedure
2. Lock equipment
3. Use proper body mechanics
4. Move slowly
5. Support patient

HELPING PATIENTS MOVE ABOUT

Ambulation Assistance:

* Stand close
* Support weak side
* Use gait belt if needed
* Watch for dizziness

High-Risk Patients:

* Elderly
* Post-op
* Weak/dizzy

LIFTING & TRANSFERRING PATIENTS

GENERAL RULES:

* Lock wheels
* Lower bed to working height
* Use draw sheet
* Count before moving

TYPES OF TRANSFERS:

Bed → Table

* Use draw sheet
* 2+ people if needed

Wheelchair → Table

* Lock wheelchair
* Remove footrests
* Assist standing & pivot

STRETCHER → TABLE

* Align heights
* Use slide board if needed

TRANSFER FROM WHEELCHAIR

Steps:
1. Lock wheels
2. Remove footrests
3. Position close to table
4. Assist patient to stand
5. Pivot toward table
6. Lower patient safely

IMMOBILIZATION

PURPOSE:
* Prevent movement
* Improve image quality
* Reduce repeats

METHODS:
* Sponges
* Sandbags
* Straps
* Tape

IMPORTANT RULE:
* Immobilize body part, not entire patient

Pediatric Patients:
* Use gentle restraint
* Parent assistance if needed

⚠ ACCIDENTS & INCIDENT REPORTS

DEFINITIONS:
* Accident → event causing harm
* Incident → event that could have caused harm

INCIDENT REPORT PURPOSE:
* Legal documentation
* Improve safety
* Prevent recurrence

WHEN TO REPORT:

* Patient falls
* Equipment injury
* Medication/contrast reactions
* Collisions

WHAT TO INCLUDE:
* Facts only (NO opinions)
* Time/date
* What happened
* Actions taken

❗ **IMPORTANT RULES:**
* Do NOT chart “incident report filed” in patient chart
* Be objective
* Report immediately

- **Use legs, not back**
- **Lock wheels before transfer**
- **Keep patient close to body**
- **Avoid twisting**
- **Use assistive devices**
- **Immobilization reduces repeats**
- **Always support patient movement**
- **Report ALL incidents**
- **Objective documentation only**

1. Ergonomics is best defined as:

A. Patient movement
B. Designing work to fit worker
C. Lifting techniques
D. Positioning methods

2. The MOST important principle of body mechanics:
A. Speed
B. Use back
C. Use legs
D. Twist body

3. Base of support should be:
A. Narrow
B. Wide
C. Uneven
D. Irregular

4. When lifting, the patient should be:
A. Far away
B. Close to body
C. Above head
D. On floor

5. Twisting while lifting can cause:
A. Strength
B. Injury
C. Balance
D. Speed

6. Supine position means:
A. On stomach
B. On side
C. On back
D. Sitting

7. Purpose of padding:

A. Decoration
B. Comfort & support
C. Speed
D. Imaging

8. First step before moving patient:
A. Lift
B. Explain procedure
C. Walk away
D. Ignore

9. High-risk fall patient:
A. Young adult
B. Elderly
C. Athlete
D. Technician

10. Before transferring from wheelchair:
A. Unlock wheels
B. Lock wheels
C. Remove seat
D. Ignore

11. Immobilization is used to:
A. Increase movement
B. Prevent motion
C. Cause pain
D. Delay exam

12. Which is an immobilization device?
A. Gloves
B. Sponge
C. Mask
D. Apron

13. When lifting heavy patient:

A. Do alone
B. Get help
C. Rush
D. Ignore

14. What reduces repeat exposures?
A. Movement
B. Immobilization
C. Speed
D. Noise

15. Incident report should include:
A. Opinions
B. Facts
C. Assumptions
D. Blame

CYCLE (CHAIN) OF INFECTION

Infection occurs only when **all 6 links are intact**:

1. **Infectious Agent**
2. **Reservoir**
3. **Portal of Exit**
4. **Mode of Transmission**
5. **Portal of Entry**
6. **Susceptible Host**

Break ANY link = stop infection

INFECTIOUS AGENTS

BACTERIA

- Single-celled organisms
- Can reproduce independently
- Some form **spores** (very resistant)
- Example: MRSA, TB

VIRUSES

- Require a host cell to reproduce
- Not killed by antibiotics
- Example: HIV, influenza, hepatitis

PROTOZOA

- Single-celled parasites
- Often water/food-borne
- Example: malaria

FUNGI

- Thrive in warm, moist areas
- Example: Candida (yeast infections)

PRIONS

- Abnormal proteins
- Cause brain disease
- Very resistant to sterilization
- Example: Creutzfeldt-Jakob disease

RESERVOIR OF INFECTION

Where microorganisms live and multiply:

- Humans (most common)
- Animals
- Water/food
- Surfaces (equipment, tables)

SUSCEPTIBLE HOST

People at higher risk:

- Elderly
- Infants
- Immunocompromised
- Chronic illness patients

MODES OF TRANSMISSION

DIRECT CONTACT

- Person-to-person
- Example: touching wound

INDIRECT CONTACT (FOMITES)

- Contaminated objects
- Example: X-ray table, IR, gloves

VECTORS

- Insects/animals
- Example: mosquitoes

VEHICLES

- Food, water, medications

AIRBORNE

- Tiny particles (droplet nuclei)
- Stay in air long time
- Travel far distances
- Example: TB

DROPLET

- Large particles
- Travel **3–6 feet**
- Example: influenza

DISEASE INFORMATION

HIV / AIDS

- Virus attacking immune system
- Spread through:
  - Blood
  - Sexual contact
  - Needle exposure
- NOT spread by casual contact

HEPATITIS (B, C)

- Affects liver
- Spread through blood/body fluids
- High risk in healthcare workers

TUBERCULOSIS (TB)
- Airborne disease
- Affects lungs
- Requires:
  - **N95 respirator**
  - **Negative pressure room**

STANDARD PRECAUTIONS

Treat **ALL patients as infectious**
Includes:
- Hand hygiene
- PPE
- Safe handling of equipment
- Proper disposal of waste

MEDICAL ASEPSIS (CLEAN TECHNIQUE)
- Reduces number of microorganisms
- Used in radiography

HAND HYGIENE (MOST IMPORTANT)
WHEN:
- Before/after patient contact
- After removing gloves
- After body fluids

METHODS:

SOAP & WATER
- Required for:
  - **C. diff**
  - Visible contamination

ALCOHOL-BASED
- Routine use
- Fast and effective

COMMON ERRORS:
- Skipping after gloves
- Not enough time (20 sec)
- Long/artificial nails

HOUSEKEEPING

PURPOSE:

- Reduce reservoirs of infection

KEY PRACTICES:

- Clean surfaces between patients
- Use approved disinfectants
- Focus on high-touch areas

HANDLING LINENS

RULES:

- Wear gloves
- Do NOT shake linens
- Hold away from body
- Place directly in designated bag

Prevents airborne contamination

CONTAMINATED ITEMS & WASTE

TYPES:

BIOHAZARD WASTE

- Blood, body fluids
- Dispose in red bags

SHARPS

- Needles, blades
- Use sharps container
- NEVER recap

OTHER WASTE

- Follow facility policy

SAFETY RULES:

- Wear PPE
- Do not overfill containers
- Seal properly

- **Break chain of infection = stop disease**
- **Hand hygiene = #1 prevention**
- **TB = airborne (N95 + negative pressure)**
- **Droplet = surgical mask (3–6 ft)**
- **Fomites = contaminated objects**
- **C. diff = SOAP & WATER ONLY**
- **Never shake linens**
- **Sharps → NEVER recap**
- **HIV/Hepatitis = bloodborne**
- **Clean equipment between patients**

1. Infection occurs when:

A. One link exists
B. All links are present
C. Only bacteria present
D. Only host present

2. Breaking the chain of infection:
A. Causes disease
B. Stops infection
C. Increases spread
D. Has no effect

3. Which is a virus?
A. TB
B. HIV
C. MRSA
D. Fungus

4. Reservoir is:
A. Entry point
B. Where organisms live
C. Exit route
D. Transmission

5. Susceptible host is:
A. Resistant person
B. High-risk person
C. Equipment
D. Surface

6. Fomites are:
A. Insects
B. Objects
C. Air
D. Food

7. TB is transmitted by:
A. Contact
B. Droplet
C. Airborne
D. Vector

8. Droplets travel:

A. 1 ft
B. 3–6 ft
C. 10 ft
D. Unlimited

9. HIV spreads through:
A. Air
B. Casual contact
C. Blood
D. Food

10. Hepatitis affects:
A. Lungs
B. Brain
C. Liver
D. Skin

11. Standard precautions apply to:
A. Sick patients only
B. All patients
C. None
D. Staff only

12. Medical asepsis:
A. Sterile technique
B. Clean technique
C. No cleaning
D. Surgery only

13. MOST important infection control:
A. PPE
B. Hand hygiene
C. Mask
D. Gown

14. Soap and water required for:
A. TB
B. HIV
C. C. diff
D. Hepatitis

15. Housekeeping reduces:

A. Oxygen
B. Reservoirs
C. Patients
D. Exposure

16. Linens should:
A. Be shaken
B. Be held close
C. Be bagged carefully
D. Be ignored

17. Sharps should:
A. Be recapped
B. Be bent
C. Be disposed properly
D. Be reused

18. Biohazard waste:
A. Regular trash
B. Red bags
C. Blue bags
D. Paper bins

19. Airborne requires:
A. Mask
B. Gloves
C. N95
D. None

20. Droplet requires:
A. N95
B. Surgical mask
C. Gloves
D. Gown

SURGICAL ASEPSIS (STERILE TECHNIQUE)

Surgical asepsis = complete elimination of ALL microorganisms (including spores)
Used for:

- Surgery
- Invasive procedures
- Wound care

MEDICAL vs SURGICAL ASEPSIS

Type	Purpose
Medical asepsis	Reduce microorganisms
Surgical asepsis	Eliminate ALL microorganisms

STERILIZATION

Process that destroys ALL microorganisms (including spores)

METHODS:

STEAM (AUTOCLAVE)

- Most common
- Uses heat + pressure
- Reliable and fast

CHEMICAL

- For heat-sensitive items
- Requires proper contact time

RADIATION

- Industrial use

- **Sterile items must remain dry and intact**
- **Wet/tear = contaminated**
- **Expiration date matters**

STERILE FIELDS

DEFINITION: Area free of microorganisms

RULES

BASIC PRINCIPLES:

- Only sterile touches sterile
- Never reach over sterile field
- Keep field **above waist level**
- Do not turn back on sterile field
- Keep field in sight at all times

CONTAMINATION RULES:

- If in doubt → **consider contaminated**
- Moisture contaminates (strike-through)
- Edges (1 inch border) = contaminated

MOVEMENT RULES:

- Face sterile field
- Do not talk, cough, or sneeze over field

"When in doubt = contaminated"

SURGICAL GLOVING

TYPES:

- Open gloving
- Closed gloving (used with sterile gown)

OPEN GLOVING STEPS

1. Open sterile package
2. Touch ONLY inside of first glove
3. Put on first glove
4. Use gloved hand to handle second glove
5. Avoid touching skin

KEY RULES:

- Skin = non-sterile
- Outside of glove must remain sterile
- If contaminated → restart

REMOVING GLOVES

STEPS:

1. Grasp outside of glove
2. Peel off
3. Hold in gloved hand
4. Remove second glove without touching outside
5. Perform hand hygiene

APPLYING DRESSINGS

PURPOSE:

- Protect wound
- Prevent infection
- Absorb drainage

STEPS:

1. Perform hand hygiene
2. Apply sterile gloves
3. Clean wound (center → outward)
4. Apply sterile dressing
5. Secure dressing

KEY POINTS:

- Do NOT touch sterile dressing surface
- Maintain sterile field
- Use proper technique

REMOVING DRESSINGS

PURPOSE:

- Assess wound
- Prevent infection spread

STEPS:

1. Perform hand hygiene
2. Wear **non-sterile gloves**
3. Remove dressing carefully
4. Observe wound (color, odor, drainage)
5. Dispose properly
6. Perform hand hygiene

- Removal = **dirty procedure**
- Application = **sterile procedure**

CONTAMINATION RISKS

- Touching non-sterile surface
- Wet surfaces
- Dropping below waist
- Turning away from field
- Air exposure

- **Surgical asepsis = sterile**
- **Sterilization kills ALL microorganisms**
- **Sterile field must stay in sight & above waist**
- **1-inch border = contaminated**
- **Moisture = contamination**
- **Only sterile touches sterile**
- **Remove dressing = clean**
- **Apply dressing = sterile**
- **When in doubt → contaminated**

1. Surgical asepsis means:

A. Clean technique
B. Reduce bacteria
C. Eliminate all microorganisms
D. Hand hygiene

2. Sterilization destroys:
A. Some bacteria
B. Viruses only
C. All microorganisms
D. Dirt

3. Most common sterilization method:
A. Air
B. Steam
C. Water
D. Light

4. A sterile field must be:
A. Below waist
B. Visible at all times
C. Ignored
D. Covered

5. The border of sterile field:
A. Sterile
B. Contaminated
C. Clean
D. Dry

6. Moisture causes:
A. Sterility
B. Contamination
C. Cleaning
D. Protection

7. If unsure about sterility:
A. Use item
B. Ignore
C. Consider contaminated
D. Wash

8. Only _____ touches sterile field:

A. Clean
B. Sterile
C. Dirty
D. Air

9. Open gloving requires:
A. Touching outside
B. Touching inside only
C. No gloves
D. Water

10. Removing gloves requires:
A. Touching outside
B. Peeling carefully
C. Ignoring
D. Dropping

11. Dressing removal uses:
A. Sterile gloves
B. Clean gloves
C. No gloves
D. Mask only

12. Dressing application uses:
A. Clean technique
B. Sterile technique
C. No technique
D. Dirty technique

13. Wound cleaning direction:
A. Outside → center
B. Center → outward
C. Random
D. Circular inward

14. If sterile field is below waist:
A. Safe
B. Contaminated
C. Clean
D. Protected

15. Turning back on sterile field:

A. Safe
B. Required
C. Contaminates
D. Cleans

16. Talking over sterile field:
A. Safe
B. Risky
C. Required
D. Sterile

17. Sterile items must be:
A. Wet
B. Torn
C. Dry & intact
D. Open

18. First step in dressing removal:
A. Gloves
B. Hand hygiene
C. Remove dressing
D. Walk away

19. Which is contamination?
A. Sterile touching sterile
B. Wet surface
C. Clean glove
D. Dry item

20. Glove outside is:
A. Non-sterile
B. Sterile
C. Dirty
D. Wet