

Aseptic Technique



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1 Wash hands with soap, buttons, and after working with samples. Wash for at least 20 seconds.



2 Use clean gloves and change gloves if they come into contact with samples.



3 Sterilize any orbital tools and glass tube mouths with flame or infrared sterilizer before and after using.



4 Wipe down surfaces with either 10% bleach or 70% ethanol before and after working with samples.



5 Open sterilized tools from the handle end. Do not touch the working end or allow it to rest on the table.



6 Minimize sample exposure to air by keeping containers partially covered. Do not place lids on work surfaces.



7 Remove gloves without touching their exterior with your bare hands.

Real World Connections



Pharmacists and Pharmacy Technicians

Pharmacists and pharmacy technicians use aseptic techniques to ensure that medications are free from contamination. Techniques such as using sterile syringes and needles and avoiding contact with non-sterile surfaces are crucial during the preparation of medication.



Food Safety Inspectors

Food safety inspectors test food production locations and processes to ensure that food supplies are not contaminated. They maintain detailed records of sterilization procedures to ensure that issues can be traced and addressed promptly. Using aseptic techniques, they help prevent foodborne illnesses and ensure that food reaching consumers is safe.



Microbiological Laboratory Technicians

MLTs (Microbiological Laboratory Technicians) are trained to collect, prepare, and process samples from various sources, including waste, food, and clinical specimens. Using aseptic techniques ensures the accuracy and reliability of microbiological analyses, which are vital for public health, medical diagnostics, and various industries.



Nurses and Nursing Assistants

Nurses and nursing assistants use aseptic techniques for wound care, catheter insertions, blood draws, and other procedures. It is vital that nurses practice aseptic techniques to limit the chance of infection and reduce the spread of disease.

Aseptic Techniques Study Guide

A Gutmann

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