



TOOLKIT 10 · WASTE & SHARPS · TOOL 5 OF 5

Safe Injection Practices — One Needle, One Syringe, One Patient, One Time

The seven rules that prevent the transmission of hepatitis and HIV through healthcare. Poster for every injection room

ONE NEEDLE. ONE SYRINGE. ONE PATIENT. ONE TIME.

	Rule	Why
1	A new sterile needle and a new sterile syringe for every injection	A syringe used on one patient is contaminated even if the needle is changed — blood flows back into the barrel
2	Never reuse a syringe to draw up from a vial for another patient	The vial becomes contaminated and infects everyone after
3	Single-dose vials whenever possible; a multi-dose vial is dedicated to one patient or accessed only with a new needle and syringe each time, dated, discarded within 28 days	Multi-dose vials are the commonest source of outbreaks
4	Clean hands; clean the vial top with alcohol and let it dry; prepare on a clean surface	Aseptic preparation
5	Never recap a used needle	Recapping is the commonest cause of needlestick injury
6	Discard the syringe and needle as one unit into the sharps box, at the point of use, immediately	No sharps left on trays, beds or floors
7	Give medicines by mouth whenever they work as well	The safest injection is the one not given

Adapted from WHO best practices for injections and related procedures toolkit (2010).

ASF standards: Standard 3 — injection safety; Universal Floor