Be Smart with Sharps

Regal Medical Group and Lakeside Community Healthcare
Health Education Series

Safe Disposal of Sharp Objects

Every year, seven billion sharps are thrown in the trash which can cut people, infect them, and spread disease. More than 850,000 are injured every year by improper disposal of sharp objects. That's why it's important to follow the safe and proper disposal of sharps at all times.

Here are some safety tips for handling sharp objects:

Use a sharps container

Containers are the best way to avoid potentially harming people with sharp objects. Free sharps containers may be available from your doctor, hospital, health insurance, or medication supplier.

Make sure to carefully dispose of sharps immediately after use. Some examples of sharps may include:

- Syringes
- Needles
- Lancet
- Needle connectors
- Auto injectors
- Infusion sets

How to avoid needle injury

Needle stick injury can expose you to infectious diseases such as Hepatitis and HIV. To avoid injury:

- Do not force sharps into container
- Do not put fingers inside container
- Do not remove needle
- Do not bend or break needle
- Do not recap needle

For more information about safety and disposal of sharp objects, talk to your doctor or member of your healthcare team.

Help keep your community safe

To keep your family and loved ones safe from harm, make sure to follow the same rules for disposal of sharps. Here's how:

1. **Do not throw loose sharps in the trash**
2. **Do not put sharps in recycling containers**
3. **Do not flush sharps down the toilet**
4. **Always keep sharps out of reach of children**

Please reference your health plan ID for your medical group.

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