

JAIL BULLETIN

Number 94

February 1993

The Jail Bulletin is a monthly feature of the Crime Commission Update. The Bulletin may be used as a supplement to your jail inservice training program if officers study the material and complete the attached "open book" quiz. The Bulletin and quiz may be reproduced for use by your staff. We welcome any jail training material you would like to contribute to the Bulletin.

FACILITY SANITATION PART II

E. Inmate Personal Hygiene

Inmate cleanliness and personal hygiene are essential to prevent the spread of communicable diseases. Cleanliness also presents a good image to visitors and the public. Staff should project a clean, well groomed appearance and inmates should appear clean and healthful. Inmates must be provided with adequate items for daily care of skin, teeth, hair and nails. Schedule the use of equipment to allow inmates daily opportunities for bathing. Bathing facilities should include hot and cold water, soap and towels. Inmates should be allowed to bathe or shower daily. (See Jail Standards Chapter 10). Inmates should be required to shampoo their hair at least once weekly; opportunity for daily shampoo should be offered. Equipment for nail care should be available, with appropriate supervision and safeguards. Encourage good inmate grooming. This not only promotes personal hygiene, but it can boost morale.

Toothbrushes and toothpaste must be available. You may require inmates to purchase these, but you must make arrangements for indigent inmates to acquire these without cost. Barbering services should be available to inmates. You may require inmates to pay for these services, but you must make arrangement for indigent inmates to have haircuts without cost. Inmates should be allowed to shave; careful control and supervision of shaving items is essential. Toilet paper, soap and towels should be in constant supply. Paper or plastic drinking cups should be available unless you have drinking fountains in the cell areas.

F. Communicable Disease Control

All of the preceding activities will limit the spread of communicable disease. Additional steps will decrease the likelihood of problems.

Careful screening of incoming inmates will help identify health problems and vermin infestation problems. Continued inspection and examination will help control other health problems. Be sure to carefully select the housing assignment of any inmates suspected of, or known to have a contagious disease. Work closely with medical staff to ensure proper treatment, care and housing of inmates with communicable diseases.

Diseases can be transmitted by contact between inmates, or through water, food, insects and vermin. It is your responsibility to carefully control these sources of contamination. Develop procedures for:

- Blood and body fluid contact
- Control of body vermin
- Insect control
- Rodent control

Specific procedures for limiting these sources of contamination and contagion must be developed. The National Sheriffs' Association and Nebraska Jail Standards have written materials describing appropriate procedures. Also, consider contracting with local professional exterminators for services, as the chemicals used to control insects and rodents can be dangerous to your staff and inmates.

G. Environmental Controls

The physical environment of your jail affects the morale and performance of your staff and inmates. Consider the following aspects of your jail, and make efforts to ensure that conditions are healthful and positive.

1. Temperature

Maintaining healthful temperatures is a basic ingredient of a sanitary and hygienic jail. Several factors combine to produce a comfortable and healthy setting, including:

- Relative humidity;
- Air movement;
- Air temperature;
- Surface temperatures (walls, floors, etc.).

Temperatures should not fall below 60 degrees fahrenheit at night, and should be comfortable during the day. Check with state and national requirements and limits on temperatures when you establish policies on temperatures.

Humidity should be checked regularly, and steps should be taken to increase or decrease humidity levels as needed. Drafts and unwanted movement of air should be eliminated.

Sources of heat, such as radiators, should be located in corridors and should not pose safety problems for inmates.

2. *Ventilation Control*

Odors affect inmate health and appetites. Proper ventilation removes odors and excess heat. Bathrooms and cooking areas require more ventilation than other areas.

Requirements for ventilation may vary from region to region. Often, windows which were designed as the primary form of ventilation must be supplemented with mechanical exhaust equipment.

Many national standards require compliance with the guidelines established by the American Society of Heating, Refrigeration and Air Conditioning Engineers.

3. *Lighting and paint.*

Poorly lit interiors have a depressing effect on inmates and staff. Poor lighting and dark colors make cleaning difficult and inhibit supervision.

Make as much use of natural light as possible. Supplement it with artificial light where needed. New national standards require a minimum of 20 footcandles of illumination in inmate cells.

Light cell areas at night to facilitate cell checks by staff. Be careful not to provide so much light that it interferes with inmate sleep.

4. *Safe Water*

All water in the jail must be free from pathogenic organisms and harsh chemicals. Sample your water at regular intervals, and have local health officials test it to be sure it is safe.

You must also be sure to have enough water to meet peak demands.

5. *Plumbing and Sewage*

Your plumbing system must be fully operational at all times. Regular maintenance is required, along with daily inspection of all fixtures.

All plumbing must be connected to a public sewer system, or to an approved private disposal system.

Plumbing fixtures should be made of smooth and non-absorbent materials and should be free from concealed fouling spaces. Use durable materials and be sure that they are installed properly. All fixtures should be trapped, and installed to decrease clogging and back-siphonage.

Local and state health regulations specify requirements for plumbing systems.

H. Summary

Operating a sanitary facility will promote higher morale, decrease health problems and reduce the likelihood of a successful inmate lawsuit. Use your staff and inmates, along with local resources, to maintain a healthful jail.

This issue of the Jail Bulletin was prepared by Dan Evans, Nebraska Crime Commission. This material is adapted from the mall Jail Resource Manual provided by the national Institute of Corrections, Rod Miller, Ralph Nichols Authors.

QUIZ

Nebraska Jail Standards require that jail staff receive eighteen (18) hours of inservice training each year. The Jail Bulletin may be used to supplement inservice training if an officer studies the bulletin, completes the quiz, and this process is documented by the jail administrator for review during annual jail inspections.

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DATE _____

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True _____ False _____

2. Inmates must be provided with which of the following items?
 - A. Soap
 - B. Towel
 - C. Wash cloth
 - D. Shower/bath
 - E. Skin Cream

3. Jail staff do not need to concern themselves with special housing considerations for inmates with communicable diseases?
True _____ False _____

4. To minimize the chances for the spread of diseases, jail procedures should be in place to control:
 - A. Insects and rodents
 - B. Contacts with blood and body fluids
 - C. Inmate to inmate contact
 - D. Humidity
 - E. All of the above except D conducted.

5. Poor lighting and dark paint colors make cleaning difficult and inhibit supervision.
True _____ False _____

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