Housekeeping/Laundry/Maintenance

(e) Maintain an effective pest control program so that the facility is free of pests and rodents.

In the laundry, provision shall be made to increase the water temperature to 160 degrees Fahrenheit unless manufacturer documentation can be provided for the chemical being used at a lower temperature.

(c) The building shall be structurally sound, free from leaks and excessive moisture, in good repair, and painted at sufficient intervals inside and out.

(d) The interior and exterior of the building shall be kept clean and orderly.

(3) Inspections. The Alabama Department of Public Health and its authorized representative shall have access to the site for inspection.

Corridors, Floors, and Signage

(j) Screens shall be provided for all operable windows.

(k) All floors shall be smooth and free from cracks and finished so that they can be easily cleaned.

(l) Walls and ceilings shall be of sound construction and maintained in good repair.

(o) Panic hardware shall be installed on each required exit door, as well as doors to and from exit stairs.

(p) All differences in floor levels within the building shall be accomplished by steps of not less than three, six-inch risers or ramps. Either shall be equipped with handrails on both sides. (See Ramps.)

(s) Handrails shall be installed on both sides of all corridors normally used by residents except for areas between doors of 24 inches or less.

(t) A corridor smoke detection system shall be provided and consist of listed devices connected to the facility’s fire alarm system. When the nursing facility is not totally sprinkled, smoke detectors shall be installed in living/recreation rooms, barber/beauty shops, examination rooms and hazardous areas.

(u) When heat detectors are installed in any area, they shall be listed self-restoring type, and electrically connected to the fire alarm system.
(aa) Ramps and inclines, where installed, shall not exceed a rise of one foot in twelve feet of run, shall be finished with a non-slip surface and provided with handrails on both sides.

(bb) Open fire escapes are permitted in institutions licensed prior to October 9, 1957, provided such fire escapes meet the following requirements:

1. Must be of non-combustible material.
2. Must have a railing or guard at least four feet high on each unenclosed side.
3. Wall openings adjacent to fire escapes are protected with fire resistive doors and protected windows.
4. Doors leading to fire escapes shall open in the direction of exit and be provided with panic hardware.

Lighting, Noise, Temperature (HVAC), and Odors

1. Lighting in nursing facilities shall meet the requirement as in the Illuminating Engineers Society (IES) Lighting Handbook Application volume.
2. (q) The nursing facility shall be well ventilated at all times.
3. All service areas shall be ventilated as permitted by codes.
4. (g) All water is to be obtained from a public water supply. If it is impossible to connect to a public water system, the private water system shall be approved by the Alabama Department of Public Health or its appropriate designated agency.
5. Water under pressure of not less than 15 lbs. per square inch is piped within the building to all sinks, toilets, lavatories, tubs and other fixtures requiring water.
6. An adequate supply of hot water for resident and service uses is available at all times. Temperature of hot water used by residents is automatically regulated by tempering valves and shall not exceed 110 degrees Fahrenheit.
7. There shall be procedures established to ensure that water can be provided for all essential services in the event of loss of the normal water supply.
8. (h) All liquid and human waste, including floor wash water and liquid waste from refrigerators, is disposed of through trapped drains into a public sanitary sewer system in localities where such system is available. In localities where a public sanitary sewer system is not available, liquid and human waste shall be disposed of through trapped drains and in a manner approved by the Alabama Department of Public Health or its appropriate designated agency.
9. Plumbing is so sized, installed and maintained to carry adequate quantities of water to required locations throughout the facility, to prevent contamination of the water supply, and to properly convey sewage and liquid wastes from the establishment to the sewerage or sewage...
disposal system, in such a manner and so that it does not constitute a source of contamination or create an unsanitary condition or nuisance. Solid, non-infectious wastes are kept in leak proof, non-absorbent containers which shall be kept covered with tight fitting lids, and are disposed of in a manner approved by the Alabama Department of Public Health or its appropriate designated agency. Solid wastes which are potentially infectious shall be burned on the premises in an incinerator approved by the Alabama Department of Public Health or disposed of in a manner approved by the Alabama Department of Public Health or its appropriate designated agency.

— (x) Elevators.

— New facilities with residents on one or more floors above the first floor shall be equipped with at least one automatic elevator of a size sufficient to carry a resident on a stretcher.

— If an elevator is not installed in the existing nursing facility due to exits on each floor, each floor shall have a dining room, living room, and sunroom.

— Annual inspections shall be made of elevators by qualified inspection service personnel and inspection documents maintained in the facility.

— (y) Sufficient general storage space shall be provided for the storage of equipment, supplies, etc., to prevent the need for storage in hallways or other non-storage areas of the facility and be adequately ventilated.

— (z) Facilities for Physically Handicapped.

— Necessary accommodations shall be made to meet the needs of persons with semi-ambulatory disabilities, sight and hearing disabilities, disabilities of coordination, as well as other disabilities in accordance with the American National Standard Institute (ANSI), A117.1 - 1992, American National Standard for Buildings and Facilities - Providing Accessibility and Usability for Physically Handicapped People.

— In nursing facilities existing prior to these rules, provisions shall be made to accommodate the handicapped.

(cc) Emergency Power.

1. Nursing facilities and additions to nursing facilities constructed after October 20, 1967, shall have an emergency generator.

2. Nursing facilities and additions to nursing facilities constructed prior to October 20, 1967, may have an automatic battery-powered system which will provide the emergency power required for at least 1½ hours. An emergency generator shall be provided if life support equipment systems are used.

3. As a minimum, emergency power shall be provided to the following:

(i) Corridor Illumination.
(ii) Exit and Directional Signs.
(iii) Stair Illumination.
(iv) Nurse’s Station Illumination.
(v) Medicine Preparation Rooms/Medicine Cart Storage Room.
(vi) Recreational Areas such as living rooms, dining rooms, day rooms, and chapels - in facilities built and renovated after December 28, 1988.
(vii) Electrical Equipment Room, Generator Room and Boiler Room - in facilities built and renovated after December 28, 1988. Electricity may be switch controlled in these rooms.
(viii) An Exterior Light at Each Exit.
(ix) Fire/Smoke Alarm System.
(x) Sprinkler pump system, if provided, and sprinkler riser room lighting.
(xi) Telephone and paging system.
(xii) Nurse call system and
(xiii) Refrigerator for storage of drugs, if provided.

(dd) Mechanical, electrical, plumbing, heating, air conditioning, and water systems shall be installed to meet the requirements of local codes and ordinances and the applicable regulations of the State Board of Health at the time of construction.

(ee) All essential mechanical, electrical and resident care equipment shall be maintained in safe operating condition. The facility shall establish a written preventive maintenance program to ensure that all equipment is operative.

(ff) The use of portable heaters of any kind is prohibited except during emergency situations caused by severe weather that disables the normal heating system.

(gg) When life support systems are used, emergency electrical service shall comply with NFPA 99 and shall be provided by an emergency electrical generator located on the premises.

(hh) Fire alarm systems shall be tested monthly by an alarm initiating device to verify proper functioning of the alarm system. Documentation of the testing shall be maintained, noting the proper functioning of notification devices, releasing of door holders and locks, operation of smoke dampers, and air handling unit shutdown.

— **(8) Sprinkler Systems.** Provisions of AAC Chapter 420-5-10-.18 notwithstanding:

— (a) By January 1, 2006, all totally unsprinklered nursing facilities, and nursing facilities in multi-story buildings with sections of a nursing facility unsprinklered, shall be protected throughout by a fire sprinkler system. By July 1, 2005, completed sprinkler plans for these systems shall be submitted to Public Health for review and approval. Where means of egress passes through building areas outside of a nursing facility, those areas shall be separated from the nursing facility by a 2-hour rated wall or shall be protected by a fire sprinkler system.

— (b) By September 1, 2006, all nursing facilities in one-story buildings with unsprinklered building areas shall be protected throughout by a fire sprinkler system. By March 1, 2006, completed sprinkler plans for these systems shall be submitted to Public Health for review and approval. Where means of egress passes through building areas outside of a nursing facility, those areas shall be separated from the nursing facility by a 2-hour rated wall or shall be protected by a fire sprinkler system.

— (c) By February 1, 2007, all remaining nursing facilities (those having isolated unsprinklered rooms) shall be protected throughout by a fire sprinkler system. By August 1, 2006,
completed sprinkler plans for these systems shall be submitted to Public Health for review and approval. Where means of egress passes through building areas outside of a nursing facility, those areas shall be separated from the nursing facility by a 2-hour rated wall or shall be protected by a fire sprinkler system.

Amenities

Outdoor Area

(a) The nursing facility site shall provide space to accommodate staff and visitor parking, service access, emergency access, outdoor resident activity space and other areas required to provide for the care and proper operation of the facility.

(r) All facilities shall have access to public fire hydrant protection, or the equivalent approved by the local fire department or State Fire Marshal.

New Construction: Facility-Wide

(w) Trash chutes are prohibited in nursing facilities.