
Meeting Guidelines for March

goals:

This safety session should teach employees to know what bloodborne pathogens are and how they spread, and to understand why and how to follow universal precautions.

1. The Bloodborne Pathogens Standard helps prevent exposure to HIV and HBV.

This standard covers the steps employers and employees must take to prevent exposure to possibly infected blood or other body fluids. Bloodborne pathogens are disease-causing microorganisms in blood and other body fluids.

- HIV is the bloodborne pathogen that causes AIDS and destroys the immune system, preventing the body from fighting disease.
- HBV, or Hepatitis B, is the bloodborne pathogen that infects the liver and can lead to such problems as cirrhosis or liver cancer.

2. HIV and HBV are spread through direct, not casual, contact.

HIV and HBV are transmitted by:

- Sexual contact, shared drug needles, being stuck by an infected needle or other sharp instrument, or direct contact between broken or chafed skin and infected body fluids.
- HBV is also spread by contact with caked, dried blood and contaminated surfaces.

HIV and HBV are not spread by:

- Coughing or sneezing, touching an infected person, or sharing equipment, materials, toilets, water fountains, or showers with an infected person.

3. Universal Precautions prevent the spread of bloodborne infection.

Universal Precautions means: Treat all blood and body fluids as if they are infectious.

4. Universal Precautions include using PPE to prevent possibly infectious contact.

Wear gloves if there's a risk of direct contact with body fluids or with possibly contaminated items or surfaces.

- Bandage cuts or broken skin before putting on gloves.
- Wear eye and face protection if there's a risk of blood splashes or sprays.
- Wear protective clothing if there's a risk of contact with body fluids.
- Use only PPE that's been inspected for damage before wearing.
- Remove contaminated PPE carefully so contamination doesn't touch your skin.
- Dispose of contaminated PPE in proper containers so contamination can't spread.



Bloodborne Pathogens

On
the
Job

5. Universal Precautions include good hygiene.

- Wash hands and exposed skin carefully with soap and water after exposure.
- Flush eyes, nose or mouth with water as soon as possible after contact with blood or potentially infectious materials.
- Don't eat, drink, smoke, apply cosmetics, or handle contact lenses in areas that could contain infectious materials.

6. Universal Precautions include avoiding direct contact with sharps.

- Treat all sharps as though they're contaminated.
- Don't shear or break or bend needles.
- Don't reach your hand into a container that might contain sharps.
- Use tongs or a similar tool, not your hands, to clean up broken glass.
- Place all used sharps immediately in puncture-resistant, leak-proof containers.

7. Apply Universal Precautions to possibly contaminated materials and surfaces.

- Prompt and proper cleaning and decontamination of equipment or surfaces that have had contact with blood or potentially infectious materials is a must.
- Wear gloves and use leak-proof transport containers to handle laundry that may have had contact with blood or other potentially infectious fluids.

Discussion Points:

Ask participants what job situations might call for universal precautions and how they might apply the precautions.

Conclusion:

Precautions prevent exposure to bloodborne pathogens. Be careful and avoid direct contact with blood or other body fluids and to thoroughly clean and decontaminate anything that does make that contact.

Test Your Knowledge:

Have your employees take the bloodborne pathogens quiz. By testing their knowledge, you can judge their ability to prevent or identify injury occurrence, and whether they need to review this important topic again soon.

Quiz

1. **HIV and HBV can be spread by casual contact.**
 - a. True
 - b. False
2. **Caked, dried blood and contaminated surfaces can spread:**
 - a. HIV
 - b. HBV
 - c. HIV and HBV
3. **HIV and HBV can be spread by :**
 - a. Sharing toilets
 - b. Sharing water fountains
 - c. Being stuck with an infected needle or other sharp instrument
4. **Universal Precaution means:**
 - a. Avoid all body fluid spills
 - b. Treat all blood and body fluids as if they are infectious
 - c. Treat with precaution only those blood and body fluids suspected of infection
5. **To prevent possible infectious contact, Universal Precautions require:**
 - a. Personal protective equipment
 - b. Longer tools
 - c. Degreaser
6. **Before putting on gloves:**
 - a. Check if the gloves are the right shape
 - b. Bandage cuts or broken skin
 - c. Put on eye and face protection
7. **Universal Precautions includes good hygiene, such as:**
 - a. Brushing teeth and gargling
 - b. Keeping short fingernails
 - c. Wash hands and exposed skin carefully with soap and water after exposure
8. **Inspect personal protective equipment for damage in order to:**
 - a. Prevent contact with blood or body fluids
 - b. Assure a good fit
 - c. Send for a refund
9. **Universal Precautions include avoiding direct contact with sharps, such as:**
 - a. Placing all sharps in puncture-resistant, leak proof containers
 - b. Grinding or dulling glass
 - c. Breaking or bending needles
10. **Apply the Universal Precaution to possibly contaminated materials and surfaces**
 - a. True
 - b. False



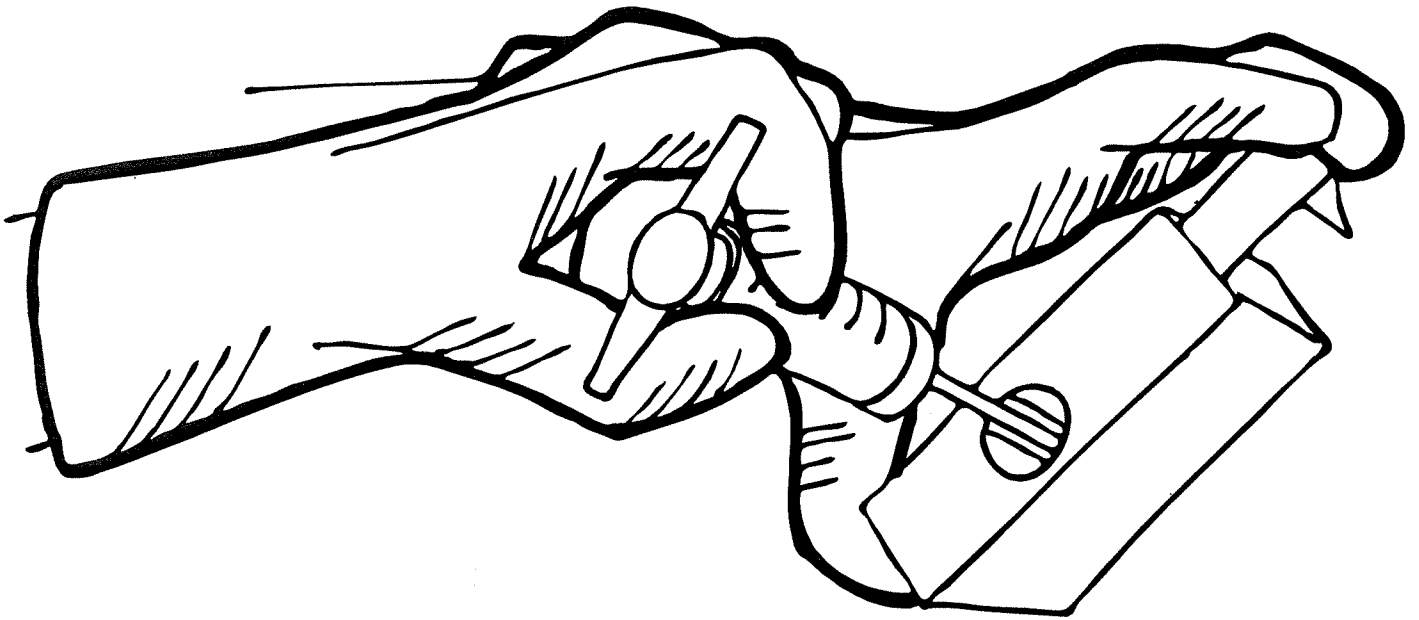
Bloodborne Pathogens

On
the
Job

Answers to Working in the Heat Quiz

1. a. True.
2. b. HBV.
3. c. Being stuck with an infected needle or other sharp instrument.
4. c. Treat with precaution only those blood and body fluids suspected of infection.
5. a. Personal protective equipment.
6. b. Bandage cuts or broken skin.
7. c. Wash hands and exposed skin carefully with soap and water after exposure.
8. a. Prevent contact with blood or body fluids.
9. a. Placing all sharps in puncture-resistant, leak proof containers.
10. a. True.

Bloodborne Pathogens:



**Universal precaution—
it protects us all.**

Bloodborne Pathogens

Do's and Don't's Checklist

Do

- ✓ Do check Personal Protective Equipment (PPE) for damage before putting it on.
- ✓ Do remove PPE carefully to prevent the spread of contamination.
- ✓ Do place contaminated PPE, towels, etc., in closable, leakproof bags or containers for disposal or decontamination.
- ✓ Do wash exposed skin immediately and thoroughly with soap and water.
- ✓ Do wash thoroughly with soap and water after removing personal protective equipment.
- ✓ Do flush exposed eyes, nose, or mouth quickly and thoroughly with water.
- ✓ Do minimize splashing or spattering of potentially infectious materials.
- ✓ Do cover open cuts, rashes, and other broken skin.
- ✓ Do dispose of used needles carefully and immediately in assigned puncture-resistant, leakproof containers identified by the biohazard symbol.
- ✓ Do keep sharps containers upright.
- ✓ Do clean up all spills immediately.
- ✓ Do clean and decontaminate all equipment and surfaces after contact with blood or other potentially infectious materials.
- ✓ Do clean and decontaminate pails and other reusable containers regularly--immediately after contact with potentially infectious materials.
- ✓ Do report any on-the-job exposure to blood or other body fluids promptly and get medical attention.
- ✓ Do follow Bloodborne Pathogens Standard precautions to enable you to respond to an injury without fear of infection.

Don't

- ⊗ Don't practice unsafe sex, inject illicit drugs or share needles.
- ⊗ Don't worry that casual contact with an infected person will transmit a bloodborne disease.
- ⊗ Don't mix contaminated clothing or linens with other laundry.
- ⊗ Don't keep food or drink in work areas that could contain infectious materials.
- ⊗ Don't eat, drink, smoke, apply makeup or lip balm, or handle contact lenses in areas with exposure potential.
- ⊗ Don't suction potentially infectious materials by mouth.
- ⊗ Don't touch any contaminated surfaces, clothing, or equipment.
- ⊗ Don't touch needles or other sharps that may be contaminated by blood.
- ⊗ Don't break or shear contaminated needles or other sharps.
- ⊗ Don't bend, recap or remove sharps unless specifically instructed to do so.
- ⊗ Don't reach by hand into a container holding sharps.
- ⊗ Don't clean up broken glass by hand; use tongs, a brush and pan, etc.
- ⊗ Don't let fear of exposure to bloodborne pathogens keep you from helping an injured person.

Protect Yourself With Universal Precautions

- HIV and HBV cannot be transmitted by coughing and sneezing. They can be transmitted by direct contact with blood or other body fluids, sexual contact with an infected person, getting stuck by a contaminated sharp, etc.
- Universal Precautions means treating all blood and other body fluids as if they are infectious.
- When wearing gloves to prevent exposure to bloodborne pathogens, you should bandage cuts or broken skin before you put on the gloves.
- If your skin makes contact with blood or other body fluids, you should quickly wash the skin that was exposed carefully with soap and water.
- One recommended way to prevent contact with sharps that could be infected is to pick up sharps with tongs or other tools, not your hand.
- If a surface or equipment comes into contact with blood, you should be sure it receives prompt, proper cleaning and decontamination.
- It's important to inspect PPE for damage before putting it on.

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