



## GOALS

This safety session will teach trainees that:

- Human blood carries microorganisms known as “bloodborne pathogens.”
- Workers must take precautions to protect themselves if they have occupational exposure to blood.

### Applicable Regulations: 29 CFR 1910.1030



#### 1. Human blood and other bodily fluids can contain bloodborne pathogens that cause serious diseases.

- One such pathogen is the human immunodeficiency virus (HIV), which causes acquired immunodeficiency syndrome (AIDS).
  - AIDS, as you know, attacks the human immune system so it can't fight off disease.
  - Even with some impressive advances in treatment, AIDS is usually a fatal illness.
- Other more common bloodborne pathogens are HBV and HCV, the hepatitis B and C viruses.
  - Hepatitis C is the most chronic bloodborne infection in the United States.
  - Because it develops slowly, people may not even realize they have it, but over time, it can lead to chronic liver disease.

#### 2. The Occupational Safety and Health Administration (OSHA) requires employers to identify job classifications with occupational exposure to blood and bodily fluids as part of their regular duties.

- Some workers, especially in the healthcare field, may have occupational exposure on a daily basis.
- Others, such as laundry workers, police and firefighters, lab technicians, and mortuary workers, may have less frequent exposure, but all workers need to know how to protect themselves.
- Employers are required to offer free hepatitis B vaccinations to employees who are likely to be exposed to the virus.
- Employers must also provide an evaluation after any exposure and any laboratory tests required under the supervision of a licensed healthcare professional at no cost to the employee.

#### 3. Workers can protect themselves by following “universal precautions” and treating all blood and bodily fluids as though they are infected.

- Employers must provide personal protective equipment (PPE) to prevent blood or other bodily fluids from contacting skin, eyes, mucous membranes, or street clothing.
- PPE usually begins with gloves. Wear them:
  - If you expect to handle or touch contaminated surfaces or items
  - If your hands might contact blood or other potentially infectious materials
  - To perform vascular access procedures



## Protect Yourself from Bloodborne Pathogens

- In addition to gloves, other PPE might include eye protection when there's a risk of splashes, surgical masks to protect mucous membranes, and protective lab coats, surgical caps, or other clothing.

#### 4. The following are some other important safety precautions for preventing bloodborne pathogen exposure.

- Don't suction or use a pipette to draw blood or other potentially infectious materials by mouth.
- Minimize spraying, splashing, spattering, and droplet generation in all procedures involving blood or other potentially infectious materials.
- Don't eat, drink, smoke, apply cosmetics or lip balm, or handle contact lenses in work areas with possible bloodborne pathogen exposure.
- Don't keep food or drinks where blood or other potentially infectious materials are present.
- Use a disinfectant solution to clean and decontaminate any area where fluids have spilled as soon as possible.

#### 5. Follow safety rules to protect yourself from sharps injuries.

- Use needleless devices wherever possible to protect against sharps injuries.
- Never break or shear contaminated needles or other sharps.
- Never reuse needles or recap needles.
- Always use puncture-resistant, leakproof containers for disposal of needles and other sharps.

#### 6. Don't forget one of the most basic procedures—WASH YOUR HANDS frequently and thoroughly.

- Wash with soap and warm running water as soon as possible after contact with potentially infectious materials.
- In locations where soap and water are unavailable, use antiseptic alcohol-based hand cleaners.
- Frequent hand-washing is also essential to prevent the spread of other infections—so make it a habit that you follow every day.



#### DISCUSSION POINTS:

Discuss with your trainees the ways in which they may be exposed to bloodborne pathogens as they go about their daily duties. What special precautions should they take because of the type of exposure that would occur because of their particular jobs?



#### CONCLUSION:

Following universal precautions is vital to protect yourself from deadly bloodborne pathogens. You can be safe if you always wear required PPE and follow safety rules.



#### TEST YOUR KNOWLEDGE:

Have your employees take the Protect Yourself from Bloodborne Pathogens quiz to see if they understand the important rules to follow if they are exposed to blood or other bodily fluids or whether they need to review this important subject again soon.



## PROTECT YOURSELF FROM BLOODBORNE PATHOGENS QUIZ

1. Human blood and other bodily fluids can contain bloodborne pathogens that cause serious diseases.  
a. True    b. False
2. The human immunodeficiency virus (HIV) and the hepatitis B and C viruses (HBV and HCV) are bloodborne pathogens.  
a. True    b. False
3. HIV can lead to chronic liver disease.  
a. True    b. False
4. Only healthcare workers need to know how to protect themselves from bloodborne pathogens.  
a. True    b. False
5. "Universal precautions" means treating all blood and bodily fluids as though they are infected.  
a. True    b. False
6. Personal protective equipment (PPE) usually begins with gloves and might include eye protection, surgical masks, and protective lab coats, surgical caps, or other clothing.  
a. True    b. False
7. Don't eat, drink, smoke, apply cosmetics or lip balm, or handle contact lenses in work areas with possible bloodborne pathogen exposure.  
a. True    b. False
8. Use a disinfectant solution to clean and decontaminate any area where fluids have spilled.  
a. True    b. False
9. Use needleless devices wherever possible, and never reuse or recap needles.  
a. True    b. False
10. The only time you need to wash your hands is after contact with blood or other bodily fluids.  
a. True    b. False

When you have completed this quiz, turn it in to your supervisor.

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## ANSWERS TO PROTECT YOURSELF FROM BLOODBORNE PATHOGENS QUIZ

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1. a. True.
2. a. True.
3. b. False. The human immunodeficiency virus (HIV) causes acquired immunodeficiency syndrome (AIDS), the illness that attacks the human immune system. The hepatitis B and C viruses (HBV and HCV) can lead to chronic liver disease.
4. b. False. Others, such as laundry workers, police and firefighters, and mortuary workers, may have less frequent exposure, but all workers need to know how to protect themselves.
5. a. True.
6. a. True.
7. a. True.
8. a. True.
9. a. True.
10. b. False. Thorough hand-washing is also essential to prevent the spread of other infections—so make it a habit to wash your hands frequently every day.