



GOALS

This safety session teaches employees to:

- Know what bloodborne pathogens are and how they spread.
- Understand why and how to follow universal precautions.

Applicable Regulations: 29 CFR 1910.1030



1. The Bloodborne Pathogens Standard helps prevent exposure to human immunodeficiency virus (HIV) and hepatitis B virus (HBV).

- Bloodborne pathogens are disease-causing microorganisms in blood and other bodily fluids.
- HIV is the bloodborne pathogen that causes acquired immunodeficiency syndrome (AIDS) and destroys the immune system, preventing the body from fighting disease.
- HBV, is the bloodborne pathogen that infects the liver and can lead to such problems as cirrhosis or liver cancer.
- The Occupational Safety and Health Administration's (OSHA) Bloodborne Pathogens Standard covers the steps employers and employees must take to prevent exposure to possibly infected blood or other bodily fluids.
- The regulation applies to workers at healthcare facilities, emergency responders, law enforcement professionals, and others whose jobs could expose them to human bodily fluids.
- Note for those who work in hospitals: The Centers for Disease Control and Prevention (CDC) recommends following "standard precautions," which expand precautions to reduce the risk of transmission of microorganisms from both recognized and unrecognized sources of infection in hospitals.

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 bodily 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 bodily fluids as if they are infectious.

4. Universal precautions include using personal protective equipment (PPE) to prevent possible infectious contact.

- Wear gloves if there's a risk of direct contact with bodily fluids or with possible 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 bodily 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.

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.

- OSHA says to treat all sharps as though they're contaminated.
 - Don't shear, 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, leakproof containers.

7. Apply universal precautions to possibly contaminated materials and surfaces.

- OSHA requires:
 - Prompt and proper cleaning and decontamination for equipment or surfaces that have had contact with blood or potentially infectious materials; *and*
 - Wearing gloves and using leakproof 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.
- Take care to avoid direct contact with blood or other bodily fluids and to thoroughly clean and decontaminate anything that does make that contact.



TEST YOUR KNOWLEDGE:

Have your employees take the Protect Yourself with Universal Precautions quiz. By testing their knowledge, you can judge their ability to understand universal precautions and whether you need to review this important topic again soon.



PROTECT YOURSELF WITH UNIVERSAL PRECAUTIONS QUIZ

- The Occupational Safety and Health Administration's (OSHA) Bloodborne Pathogens Standard is designed to prevent job-related exposure to human immunodeficiency (HIV) and hepatitis B virus (HBV).**
 - True
 - False
- HIV and HBV can be transmitted by coughing and sneezing.**
 - True
 - False
- "Universal precautions" means:**
 - Avoiding all contact with people who might be infected
 - Treating all blood and other bodily fluids as if they are infectious
 - Washing hands carefully with soap and water
- When wearing gloves to prevent exposure to bloodborne pathogens, you should:**
 - Choose gloves that also protect you from heat.
 - Wear two pairs.
 - Bandage cuts or broken skin before you put on the gloves.
- If your skin makes contact with blood or other bodily fluids, you should quickly:**
 - Wash the skin that was exposed carefully with soap and water.
 - Put on gloves and other personal protective equipment (PPE) to cover the skin.
 - Elevate the area.
- One recommended way to prevent contact with sharps that could be infected is to:**
 - Handle sharp instruments with the point facing out.
 - Pick up broken glass with tongs or other tools, not your hands.
 - Let trained maintenance personnel pick up sharps.
- If a surface or equipment comes into contact with blood, you should:**
 - Be sure it receives prompt, proper cleaning and decontamination.
 - Cover it with a heavy blanket or tarp.
 - Alert other people to steer clear of it.
- Professions that are especially concerned with universal precautions include:**
 - Truck drivers and receiving personnel
 - Emergency response teams and medical workers
 - Painters and plumbers
- HBV is a dangerous virus because it can harm the immune system.**
 - True
 - False
- It's important to inspect PPE for damage before putting it on.**
 - True
 - False

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

Name: _____

Date: _____



Safety Trainer **Protect Yourself with Universal Precautions**

ANSWERS TO PROTECT YOURSELF WITH UNIVERSAL PRECAUTIONS QUIZ

1. a. True.
2. b. False. They're transmitted by direct contact with blood or other bodily fluids, sexual contact with an infected person, getting stuck by a contaminated sharp, etc.
3. b. Treating all blood and other bodily fluids as if they are infectious.
4. c. Bandage cuts or broken skin before you put on the gloves.
5. a. Wash the skin that was exposed carefully with soap and water.
6. b. Pick up broken glass with tongs or other tools, not your hands.
7. a. Be sure it receives prompt, proper cleaning and decontamination.
8. b. Emergency response teams and medical workers.
9. b. False. HBV affects the liver and can cause cirrhosis, liver cancer, etc.
10. a. True.