



Protect Yourself from Bloodborne Pathogens

Trainer's

- Preparation Corner:**
1. Bring a pair of gloves in each size (for volunteer) for proper glove removal demonstration.
 2. Identify at least one volunteer you'd like to call on in case no volunteers come forward.
 3. Bring some gift cards to reward employees for participation.

This training is about Bloodborne Pathogens. **Why do you think it's important to have a training on this topic?**

Okay. Those are some good answers. To be clear, this training is important because blood can show up in just about any part of our day here at work, while we're out and about, and even at home. Anytime there's blood present, we need to know and understand the dangers of bloodborne pathogens.

GOAL

The goal of this training is to increase awareness of bloodborne pathogens to better protect employees against exposures to blood and other potentially infectious materials.

LEARNING OBJECTIVES

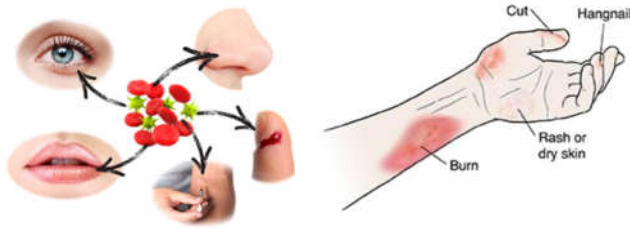
After this training, you should be able to

- Recognize the hazards of bloodborne pathogens.
- Understand ways bloodborne pathogens are transmitted.
- Understand containment controls.

WHAT ARE BLOODBORNE PATHOGENS?

Without looking at the training, is there anyone who can tell me what bloodborne pathogens are?

The answer is Bloodborne Pathogens (BBP) are microorganisms present in human blood/body fluids and other potentially infectious materials that can cause disease in humans.



TRANSMISSION

Here are some ways that bloodborne pathogens can be transmitted and how infections can occur.

- Through accidental punctures and cuts with contaminated sharp materials, (e.g. needle stick).
- When an object or surface with infected blood or bodily fluids on it comes in contact with your eyes, nose, or mouth, or openings in your skin like a cut, burn, rash, dry skin, or even a hangnail.
- If you help an injured person who has infected blood without using proper PPE.
- Sexual contact with infected individuals.

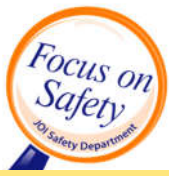
Do you think you can get infected through a paper cut? The answer is yes, you can get infected through any opening in your skin.

WHAT ARE THE MOST COMMON BLOODBORNE PATHOGENS?

There are many bloodborne pathogens out there, but this training focuses on the three most common illnesses caused by bloodborne pathogens are:

- **Hepatitis B (HBV)** which is an infection that causes liver inflammation. Complications of Hepatitis B includes cirrhosis (scarring), liver cancer, and liver failure. There is no known cure for Hepatitis B, but vaccination is available for Hepatitis B.

SYMPTOMS include loss of appetite, fatigue, fever, nausea, vomiting and/or abdominal or joint pain and jaundice seen in the eyes (yellowing of the eyes).



Protect Yourself from Trainer's Bloodborne Pathogens

- **Hepatitis C (HVC)** also causes severe damage and death. It is the most common chronic bloodborne pathogen and people may not know they have become infected because symptoms can take years to appear, if ever. Individuals infected with Hepatitis C are infectious to other people whether they show symptoms or not. There is no vaccination for Hepatitis C. **SYMPTOMS** include the symptoms listed in Hepatitis B, dark urine, and grey-colored stools.
- **Human Immunodeficiency Virus (HIV)** attacks and suppresses the immune system which reduces a person's ability to fight infections. Early HIV symptoms resemble the cold or flu virus. When HIV-infected human blood or other bodily fluid is dried, the risk of transmission is nearly zero. There is no cure or vaccination for HIV.

SCENARIO



You are tasked with cleaning & vacuuming an area when you notice what appears to be dried blood on the floor. Should you be concerned about exposure to the Hepatitis B virus? **Yes. Any blood, wet or dry, has the potential to carry infectious Hepatitis B virus. Remember, the virus can live up to 7 days. With this, you must take precautions to prevent potential exposure to bloodborne pathogens, including Hepatitis B virus.**

WHAT ARE SOME ON-THE-JOB TASKS THAT MAY EXPOSE YOU TO BLOODBORNE PATHOGENS?

Some tasks that may expose you to bloodborne pathogens include:

- ❖ Cleaning a spill that may include blood, bodily fluids, or other potentially infectious material.
- ❖ Handling trash bags that contain sharp objects with infected blood or bodily fluids that have been improperly disposed.
- ❖ Assisting individuals who have exposed blood or bodily fluids without using proper PPE.



IMPORTANT TO NOTE: *Hepatitis B can remain infectious outside of the body for up to 7 days. For this reason, it is essential that you protect yourself from ALL bodily fluids by always wearing proper PPE when blood or bodily fluids are present—use **UNIVERSAL PRECAUTIONS.***

Fact or Fiction?



1. Hepatitis B virus can remain infectious outside the body for up to 7 days. **FACT.**
2. I do not need to wear proper PPE when blood or bodily fluids are present if it's from someone I know. **FICTION.** You should always protect yourself from ALL bodily fluids by wearing proper PPE, even if it is from someone you know for a long time or a family member. They may not even know they are carrying the virus.



HOW CAN YOU PROTECT YOURSELF FROM BBP EXPOSURE?

IMPORTANT TO NOTE: *You cannot tell if blood or other bodily fluids are contaminated with bloodborne pathogens.*

- ❖ The only way to protect yourself from exposure is to treat all blood, body fluids, and any potentially contaminated objects as if they are infected. This is called "**universal precautions**."

How can you protect yourself from exposure to bloodborne pathogens?

Everyone repeat after me: by treating all blood, body fluids, or potentially contaminated objects as if they are infected.

- ❖ It is important for all employees to understand the concept of **universal precautions** because there may be situations where employees who are not normally at risk from bloodborne pathogens on-the-job, come in contact with blood or other bodily fluids.

For example, you may find yourself in close proximity to a bleeding individual, or discover blood or unidentified fluids in your work area. You may also come across used bandages, syringes, or other potentially contaminated items anywhere—both at work and off work.

What types of PPE do you think can help protect us from exposure to bloodborne pathogens?

- ❖ Gloves are one example of important PPE. Other examples include masks, face shields, goggles, and aprons. Employees must wear gloves when handling trash or performing custodial tasks.

*The only way to protect yourself from exposure is to treat all blood, body fluids, and any potentially contaminated objects as if they are infected. This is called "**universal precautions**."*

FOLLOW SAFE WORK PRACTICE CONTROLS TO HELP PROTECT YOURSELF

Some of the ways you can protect yourself from bloodborne pathogens are to:

- ❖ Always use **universal precautions** and assume any blood or bodily fluid is infectious.
- ❖ Follow proper procedures when cleaning blood/bodily fluids. Wear appropriate gloves. Wear appropriate face and eye protection when splashes, sprays, or droplets of blood or body fluids can potentially enter your eyes, nose, or mouth.
- ❖ Wash your hands often, especially after removing and disposing gloves properly.

But what if it didn't look like anything got on your gloves, can you skip washing your hands? The answer is no. The rule of thumb is you should always wash your hands after you remove your gloves. You should make that habit become second nature to you.

- ❖ Use proper trash removal procedures when handling trash. **Never** compress trash with your hands or feet. Use a dustpan or a broom. **Never** sling a trash bag over your shoulder or hold it close to your body. Hold the bag away from your body.





Trainer's Bloodborne Pathogens

Protect Yourself from



- ❖ Use Emergency Cleanup Kits that include bags with the biohazard symbol on them. Place potentially infectious waste (including contaminated PPE) in red bags or containers marked with the biohazard symbol.

So can I just toss rags and other cloths that are soaked in blood in the regular trash?

The answer is no.

- ❖ Use a dustpan and a brush to pick up sharp objects—**never** use your hands.
- ❖ Clearly mark the area where an accident involving blood or bodily fluids has occurred.
- ❖ Use proper disinfectant and use according to the manufacturer's instructions.



Yes Way, No Way

1. It is ok to compress trash with your hands. **NO WAY! Always use a dustpan or a broom.**
2. You should wash your hands after you remove gloves. **YES WAY! And wash your hands often.**
3. **Universal precautions** means treating all blood and body fluid as if it is infectious. **YES WAY!**

HOW TO PROPERLY REMOVE YOUR GLOVES

Follow these steps to remove your contaminated gloves. Remember this phrase, "glove to glove, skin to skin." Everyone say it together, "glove to glove, then skin to skin". On the bottom of page 3, there are step by step instructions on how to properly remove your gloves.

Who here can demonstrate to all of us, the proper way to remove your gloves?

****If no one volunteers, call on someone to participate.**

1



Pinch and hold the outside of the glove near the wrists.

4



With the ungloved hand, slide finger down inside of glove and remove glove.

2



Pull glove inside out over all fingers and thumb.

5



Dispose of used gloves into appropriate waste receptacle. **If blood is visible in body fluids, gloves must be discarded into biohazard bag.**

3



Pull glove off.

6



Wash hands with soap and running water. **Do not touch your face before washing your hands.**

WHAT IF YOU HAVE AN EXPOSURE INCIDENT?

If you come across blood or body fluids while working, that is **not an exposure incident**. An **exposure incident** is when blood or body fluids have actually come in contact with your eyes, nose, mouth, or any other opening in your skin.



So if I see a puddle of blood on the floor as I'm cleaning an aisle or walkway, does that mean I've had an exposure incident? The answer is no.

What if I was taking out the trash and I get poked by the needle of a syringe that was improperly disposed, does that count as an exposure? The answer is, yes. You must report that immediately.

What should you do?

- ❖ Immediately wash the area thoroughly and clean the wound if you have one.
- ❖ If there is a sharps involved that has been disposed of incorrectly, notify your Supervisor immediately. This needs to be reported to the appropriate Federal Government personnel.



IMMEDIATELY REPORT THE EXPOSURE TO YOUR SUPERVISOR.

- ❖ You will be escorted to the designated clinic for medical evaluation and follow-up. You will also be provided with a copy of the healthcare professional's evaluation in writing as well as counseling assistance.

This is the **biohazard symbol**. Bags and containers marked with the biohazard symbol may contain blood or other potentially infectious body fluids and must be handled and disposed of properly.



If you have additional questions regarding bloodborne pathogens or need further information about protection against bloodborne pathogens at work, contact **JOI's Safety Department at (619) 688-1784.**

THE TAKEAWAYS

If you remember nothing else about this training, make sure you at least know and remember the following:

1. Protect yourself by using universal precautions, so treat everything as if it's infections and always wear proper PPE.
2. You can become infected when infected blood or bodily fluids comes in contact with your eyes, nose, or mouth, or openings in your skin like a cut, burn, rash, hang nail, or dry skin. This is why we use universal precautions.
3. You must report all exposure incidents to your supervisor immediately. Not tomorrow or the next day. Immediately.



TEST YOUR KNOWLEDGE

1. What are the most common illnesses caused by bloodborne pathogens?
A. Hepatitis B, Hepatitis C, and HIV
B. Fever, Cough, and Cold
C. Heat stress, Flu, Appendicitis
2. Which infection can live outside the body for up to 7 days?
A. HIV
B. Hepatitis C
C. Hepatitis B (again this is why we must always use universal precautions)
3. Infected blood can enter your body through an opening in your skin as small as a hangnail.
A. True
B. False
4. If you wear gloves when cleaning up an accident site, it is not necessary to wash your hands afterwards.
A. True
B. False. You must wash your hands often and after disposing of used gloves.
5. When providing first-aid to a co-worker you've known for more than 5 years and blood is present, you should wear personal protective equipment such as gloves.
A. True. The easy way to remember this is to ALWAYS use PPE when blood is present to protect yourself, regardless how long you've known the person. They may not even know that they are carrying the virus.
B. False
6. If you need to compact the trash, you can use your hands if you don't see anything sharp.
A. True
B. FALSE. Use a broom or dustpan to prevent getting cut or poked by something sharp.
7. When should you report an exposure incident? You should tell your supervisor immediately.
8. What phrase should you remember to help you properly remove your gloves? Glove to glove, skin to skin.

Name: _____ Site: _____ Date: _____