

Bloodborne Pathogens Overview

When preparing this Safety Talk on Bloodborne Pathogens (BBP), review your state laws concerning BBP.

- ▲ Washington - <http://www.lni.wa.gov/wisha/rules/bbpathogens/HTML/296-823-120.htm>
- ▲ Oregon - http://www.osha.oregon.gov/subjects/bloodborne_pathogens.html
- ▲ California - <http://www.dir.ca.gov/title8/5193.html>
- ▲ Alaska - <http://www.labor.state.ak.us/lss/forms/bloodborne-pathogen-guide.pdf>
- ▲ Montana - <http://msh.mt.gov/volumeii/infectioncontrol/exposurecontrolplan.pdf>
- ▲ Idaho - http://dbs.idaho.gov/safety_code/pdfs/330_blood_born_pathogens.pdf

Be sure to share this information with your employees during this Safety Talk.



Bloodborne Pathogens Overview

Bloodborne Pathogens

Why this topic?

Bloodborne Pathogens is one of OSHA's most confusing standards. That's because it contains VERY SPECIFIC requirements. It requires an employer to train employees on the types of Bloodborne Pathogens (BBPs), and it requires an employer to OFFER vaccination against one type of hazard.

What is a bloodborne pathogen and how is it transmitted?

Bloodborne Pathogens (BBPs) are micro-organisms that cause disease in humans. They are "Bloodborne" (carried in the bloodstream) and are transmitted by contact exposure of blood, blood products, or bodily fluids that may contain blood or blood products. Any material that has contacted blood, blood products, or bodily fluids is considered to be "Potentially Infectious Material" (PIM). Transmission and infection may occur when another person contacts the material. This could happen through an open cut, sore, an industrial injury, unsanitary surfaces with BBP, PIM, or "intimate" encounters!

- ▲ Bloodborne pathogens are infectious materials in blood that can cause disease in humans, including

Hepatitis B, Hepatitis C and Human Immunodeficiency Virus (HIV). Workers exposed to these pathogens risk serious illness or death.

- ▲ Anybody can get infected through contact with infected materials.
- ▲ People can carry the disease for years without symptoms, but they can spread it to others.

Acquiring a bloodborne disease

- ▲ You can't get infected from sharing food or utensils, equipment, bathrooms or working side by side.
- ▲ Transmission can occur when you contact blood or bodily fluids of an infected person.
- ▲ You can also become infected by contacting vomit and feces contaminated with blood.
- ▲ To get infected, blood or other bodily fluids containing HBV, HCV or HIV must get in your bloodstream through a break in skin or a mucous membrane.
- ▲ Most infections are caused by high-risk sexual contact, blood transfusions, intravenous drug use or mother to child infection.



Hand washing is the most effective way to prevent infections. Wet hands, apply non-abrasive soap, wash for 15 seconds and rinse with hands in a downward position.

Transmission of BBPs in the workplace

- ▲ If blood is splashed and it gets in your nose or eyes or in a cut or abrasion of your skin, you could be infected.
- ▲ Cuts, sores—even tiny breaks in the skin from dermatitis or acne—are doorways for the viruses to enter your body.
- ▲ Infection often occurs through aiding injured coworkers and coming into contact with their blood or body fluids, and also from picking up materials such as glass, knives or needles that are contaminated with infected blood.
- ▲ In order to become infected, contaminated blood must enter your own bloodstream.

Hepatitis B (HBV)

- ▲ This is a serious liver disease caused by a virus.
- ▲ HBV symptoms may include jaundice, nausea, weakness and abdominal pain—or there may be no symptoms in some cases.
- ▲ Untreated, HBV can become chronic, causing cirrhosis, liver cancer, liver failure and death. It is treatable with a vaccine.
- ▲ 60,000 Americans become infected each year.

Hepatitis C (HCV)

- ▲ This is a serious liver disease caused by a virus.
- ▲ About 80% of people infected initially have no signs or symptoms.
- ▲ Symptoms may include fatigue, dark urine, abdominal pain and loss of appetite and nausea.
- ▲ There is no effective vaccination.
- ▲ 4.1 million Americans carry the virus.
- ▲ Called the silent epidemic because symptoms are absent before causing serious illness.

Human Immunodeficiency Virus (HIV)

- ▲ HIV is the virus that causes AIDS.
- ▲ HIV attacks your body's immune system, multiplying rapidly and destroying the white blood cells that fight off disease.
- ▲ The virus becomes AIDS when it destroys your immune system.
- ▲ Leaves you unable to fight off all other illnesses.
- ▲ 40,000 Americans become infected yearly.

Preventative housekeeping

- ▲ Disinfect high-touch surfaces like equipment, countertops, toilets, sinks and trash.
- ▲ Disinfect surfaces soiled with blood and body fluids according to facility policies.
- ▲ Wear gloves and a protective apron.
- ▲ Don't reuse single-use gloves—only heavy duty utility gloves should be reused if not damaged.
- ▲ Shake down trash—don't use hands or feet to push down.
- ▲ Use a brush and dustpan to pick up broken glass—not a vacuum cleaner.
- ▲ Unless trained and authorized to do so, don't attempt to clean spills of blood or other body fluids visibly contaminated with blood.
- ▲ Cover spills of blood, or other body fluids with absorbent sweep material to prevent the fluid from spreading.



Use a brush and dustpan to pick up broken glass—not a vacuum cleaner.

Safe work practices to prevent exposure

- ▲ Hand washing is the most effective way to prevent infections.
- ▲ Wet hands, apply non-abrasive soap, wash for 15 seconds and rinse with hands in a downward position.
- ▲ Dry with a clean paper towel, discard and turn off faucet with a clean paper towel.
- ▲ Handwashing also protects against Methicillin-Resistant Staphylococcus Aureus (MRSA), a serious staff infection that's resistant to antibiotics.
- ▲ Wash hands if you contact blood or body fluids, before work, throughout your shift, before going home and before eating, drinking, handling contact lenses or applying makeup or lip balm.
- ▲ Your skin acts as a protective barrier to keep viruses out unless broken by sores, dermatitis or acne.
- ▲ Don't share personal care items that might have blood on them, such as razors or toothbrushes.

Universal Precautions

- ▲ The Bloodborne Pathogen Standard requires that employers implement a standardized approach to infection control called Universal Precautions.
- ▲ The concept of Universal Precautions is that all blood and potentially infectious materials must be treated as if they are known to contain HIV, HBV, or other bloodborne pathogens.

How to respond to emergencies on the job

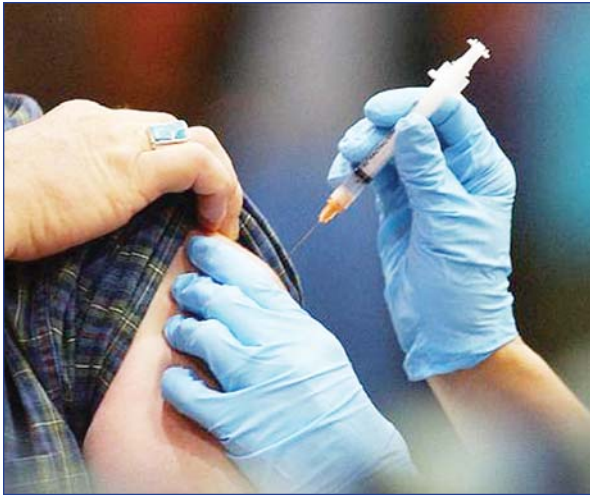
- ▲ Know locations of emergency kits and PPE—and how to use them.
- ▲ Bandage cuts and abrasions to avoid contamination of surfaces.
- ▲ If a co-worker is hurt, first assess the situation.
- ▲ If he or she can stop the bleeding without help, that's best.
- ▲ If he or she needs help, apply pressure to the wound with a barrier to avoid direct contact with blood, body fluids, mucous membranes, or non-intact skin and use PPE.
- ▲ If a co-worker is injured, ask someone to call for help—while you stay with the injured person and wait for emergency responders to arrive.
- ▲ Give CPR **IF** you are trained to do so.
- ▲ Wash any exposed areas with warm water and soap, or for eyes, use an eyewash station—and remove soiled clothing immediately.



A specialized "Bodily Fluid Cleanup Kit."

Vaccination for Hepatitis B

The BBP standard recognizes that exposure may occur, and that one of the likely exposures is Hepatitis-B (HEP-B), which can be prevented by vaccination. Therefore, an offer of vaccination is required if there is reasonable chance that the employee would encounter a BBP in the course of their job. It is NOT necessary to confirm the presence of HEP-B for this to occur. Additionally, there are NO VACCINATIONS against other microbiological BBPs such as HEP-C, or HIV at the present time.



Vaccination can protect you from Hepatitis B.

FIRST, management must determine if there is a reasonable chance that the employee would encounter a BBP in the course and scope of their job.

If this is likely, then the employee must be offered vaccination against HEP-B **BEFORE** exposure is likely. Employees may:

1. DECLINE your offer, or
2. ACCEPT your offer, or
3. MAY ACCEPT vaccination up to 7 days AFTER EXPOSURE if they initially declined your offer.

Employers must:

- ▲ Train all employees on BBPs.
- ▲ Advise them about the job categories that are **LIKELY** to encounter BBPs.
- ▲ Provide those employees with a STANDARD BBP Offer of Vaccination Letter, and have them complete and return it.
- ▲ Ensure that anyone who asks for vaccination is not refused.
- ▲ Make sure the offer is an annual election.

SAFETY TRAINING SIGN-IN SHEET

Company Name: _____ Date: _____

Subject: Bloodborne Pathogens Overview

The following employees participated in this training.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Six Essential Points

1. USE UNIVERSAL PRECAUTIONS - Treat all blood, blood products, and bodily fluids as potentially infectious material (PIM).
2. Treat ALL materials (such as clothing and bandages) that contact BBPs as potentially infectious materials.
3. Wear Personal Protective Equipment (PPE) that covers and protects against contact or splashes to eyes, nose, mouth, and open sores on the skin. Items like plastic aprons, goggles, gloves, etc. are needed.
4. **DO NOT** clean up BBP materials unless you have been specially trained, designated and use PPE.
5. Encourage "self-help" for the injured. If required to assist, wear PPE as listed above, and get Emergency Medical Services as authorized by your management.
6. You **MUST** immediately advise your management if you have received exposure to BBPs. Also, be certain to make your election about BBP vaccination every year.