



# Bloodborne Pathogens

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## What are BBPs?

Bloodborne Pathogens (BBPs) are disease-causing microorganisms. BBPs are viruses or bacteria present in human blood and body fluids which can infect and cause disease in humans. The two most notable of these are Human Immunodeficiency Virus (HIV), the virus that causes AIDS, and the Hepatitis B virus (HBV).

## How Do Bloodborne Pathogens Spread in the Workplace?

Although the most common ways BBPs spread are through sexual transmission or IV drug use, if your job or volunteer activities have the potential of exposure to blood or other potentially infectious body fluids, you may be exposed. Here are some tips on how to stay safe when you come in contact with another person's blood or other potentially infectious body fluids:



*Even a minor nosebleed must be considered a potential BBPs hazard and treated with all necessary universal precautions.*

- If you help someone who is bleeding or if you are potentially exposed to blood or other potentially infectious body fluids, you must wear personal protective equipment (PPE) such as gloves, gown, and goggles or a face shield.
- It is essential that you quickly and completely clean up any blood or other potentially infectious body fluids with soap and water to limit the chance of exposing your coworkers to BBPs. Wear personal protective equipment when cleaning up blood or potential infectious body fluids.
- Hands are the most likely areas to be exposed to blood or other potentially infectious body fluids. If blood or other potentially infectious body fluid is on your gloves, dispose of the gloves properly by putting them in a biohazard waste bag. Always wash your hands with soap and running water after you remove and dispose of the gloves.
- It is very important that you report any exposures to blood or other potentially infectious body fluids to your supervisor. Reporting all exposures helps you get treatment and helps your employer identify and reduce causes of exposure.



*Treat all blood and body fluid spills as if they were infectious.*

## How to Protect Yourself

It is important to understand what the hazards of BBPs are, and what preventative measures you can take. The three main areas of protection include **Attitude, PPE and Housekeeping.**

### ATTITUDE

Your attitude is a vital part of protecting yourself. The right attitude means taking Universal Precautions. This means that you treat all human blood and body fluids as infectious.

### PERSONAL PROTECTIVE EQUIPMENT

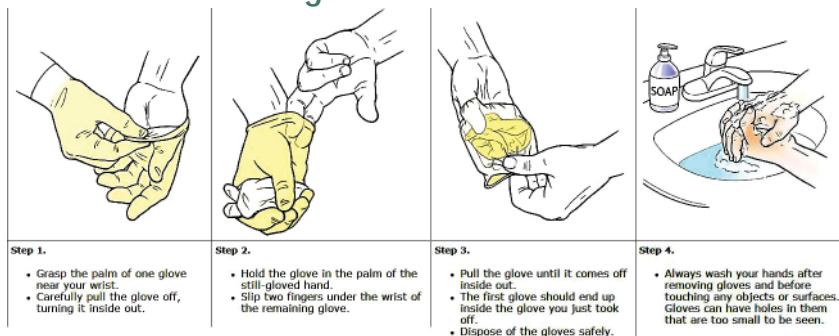
PPE includes clothing and equipment worn by an individual during activities which may result in exposure to bloodborne pathogens. Personal protective equipment always starts with gloves but may also include gowns, face shields, eye protection and pocket masks.

- Latex gloves and gowns protect your skin and hands from coming into contact with blood.



- Face shields and eye protection prevent blood from entering the mucous membranes through the eyes, nose or mouth.
- Pocket masks refer to any one of many types of devices used while performing CPR or mouth-to-mouth resuscitation.

## Removing Contaminated Gloves



## HOUSEKEEPING

- Housekeeping is the method for cleaning and decontaminating infected surfaces and the disposal of blood and body fluids. All decontamination must include the use of an appropriate disinfecting solution, such as one part bleach to ten parts water.
- Treat all blood and body fluid spills as if they were infectious.
- Wear appropriate PPE: gloves, goggles, etc., as required by the accident.
- Contain spills immediately, then clean up and disinfect the area.
- Clean up contaminated broken glass with tongs, forceps, or a brush and dust pan. Never use your hands, even if protected with gloves.
- Handle all trash as if it contains sharps and/or infectious items.
- When removing contaminated clothing, carefully turn inside out as it is removed to contain contaminants. Dispose in appropriately labeled bags or containers.
- After removing PPE, wash hands or other affected body parts with soap and warm water. Vigorously scrub all areas to remove all potentially infectious contamination.
- Place all potentially infectious materials and contaminated items in closeable containers or bags. The bags must be color coded or marked with a biohazard label. Check with your supervisor for proper procedures.

## If you are exposed

- Despite your best efforts, there is a possibility you may be exposed to blood or body fluids during an emergency response. An exposure incident is defined as a specific eye, mouth, nose or skin contact with potentially infectious materials.
- If you have an exposure, follow these steps:
- Flush the area on your body that was exposed with warm water, then wash with soap and water. Vigorously scrub all areas. It is the abrasive action of scrubbing that removes contaminants from the skin.
- If you have an open wound, squeeze gently to make it bleed, then wash with soap and water.
- Notify your supervisor who will initiate an Exposure Incident procedure.
- Seek emergency medical treatment following an exposure incident.
- You will be counseled by a physician regarding the risk of HIV or HBV infection and any other follow-up treatment needed.
- Following the post-exposure evaluation, the physician will provide a written opinion to the company. The company will provide a copy of the written opinion to you within 15 days of the evaluation.

## SAFETY TRAINING SIGN-IN

Company Name: \_\_\_\_\_ Date: \_\_\_\_\_

Subject: Bloodborne Pathogens

The following employees participated in this training.

1. \_\_\_\_\_
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