Universal Precautions & Bloodborne Pathogens

Annual, Mandatory Compliance Training for All Employees
Universal Precautions and Bloodborne Pathogens

Course Outline

- Introduction
- Risk of Transmission
- Universal Precautions
- Exposure Incident
- Infection Control
- Summary
Universal Precautions & Bloodborne Pathogens

SECTION 1: INTRODUCTION

Sharpen your skills!
Annual Compliance Training

- OSHA’s Bloodborne Pathogens Standard
  - Any employee that has the risk of coming into contact with blood or other potentially infectious materials is **required** to complete annual training
  - This training is designed to give you the important information you need to know in order to keep yourself and those you support healthy and safe.

The more you know, the more prepared you will be and the better you will react in real situations!
Bloodborne Pathogens (BBP) are microorganisms, such as viruses and bacteria, that are carried in the blood or other bodily fluids that can cause disease in humans.
Common BBP Diseases

- Many common diseases are caused by the transmission of BBP, including:
  - Malaria
  - Brucellosis
  - Syphilis
  - Hepatitis B (HBV)
  - Hepatitis C (HCV)
  - Human Immunodeficiency Virus (HIV) which leads to AIDS
Hepatitis B (HBV)

- 1 – 1.25 million Americans are chronically infected

- Symptoms include: jaundice, fatigue, abdominal pain, loss of appetite, intermittent nausea, vomiting
- Sometimes, a person may experience no symptoms at all
- May lead to chronic liver disease, liver cancer, and death

- Vaccination available since 1982
- HBV can survive for at least one week in dried blood
- Symptoms can occur 1 – 9 months after exposure
Hepatitis C (HCV)

- 3.2 million Americans are chronically infected, making HCV the most common bloodborne pathogen infection in the United States.

- **Symptoms include**: jaundice, fatigue, abdominal pain, loss of appetite, intermittent nausea, vomiting.
- Sometimes, a person may experience no symptoms at all.
- May lead to chronic liver disease or death.

- No current vaccine is available.
Human Immunodeficiency Virus (HIV)

- HIV is the virus that leads to AIDS
- HIV depletes the immune system

Symptoms include: lack of energy, weight loss, frequent fevers and sweats, persistent or frequent yeast infections, short-term memory loss, sores or herpes infections
- Sometimes, a person may experience no symptoms at all

- No cure or vaccine for HIV or AIDS
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SECTION 2: RISK OF TRANSMISSION

Sharpen your skills!
Bloodborne Pathogens can be present in the following bodily fluids:
- Blood
- Saliva (in dental procedures)
- Vomit
- Urine or Feces
- Semen or vaginal secretions
Transmission Potential

- Coming into contact with another person’s blood or other potentially infectious materials can put you at risk:
  - Unbroken skin or mucous membranes including open sores, cuts, abrasions, acne, and eyes, nose, and mouth
  - Accidental puncture of contaminated needles and sharp objects
  - Sexual contact
  - From mothers to their babies during pregnancy or birth

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Your Exposure Potential

- Common, casual contact will typically not put you at risk of coming into contact with BBP

- Ways you may come into contact with BBP:
  - General accident
  - Post-accident clean-up
  - Administering first aid
  - Handling soiled household or clothing items
  - Janitorial or maintenance work
  - Handling of any waste products
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SECTION 3: UNIVERSAL PRECAUTIONS
Universal Precautions

- Universal Precautions are the techniques you should always use to keep yourself and those you support safe from BBP or other potentially infectious materials.

- If BPP or other potentially infectious materials are present, **always put a barrier between yourself and the contaminated area**
  - Use Personal Protective Equipment (PPE) such as gloves, goggles, face shields, or aprons.

- Treat all blood and bodily fluids **as if they are contaminated with BBP**
Universal Precautions cont.

- Ensure there is proper cleanup and decontamination of the bacteria
  - Use a 1 part bleach to 10 parts water solution to sanitize and disinfect. Remember, some BPP can live on dried surfaces for up to 7 days!

- Dispose of all contaminated material in the proper manner
  - Double bag all waste and discard immediately
PPE Rules to Remember

- Always check PPE for defects or tears before using
- If PPE becomes torn or defective, remove and get new PPE immediately
- Remove PPE before leaving a contaminated area
- Do not reuse disposable equipment, such as latex gloves
Decontamination and Clean Up

- Remember to use a 1 part bleach to 10 parts water solution (to ensure a safe balance of effective sanitizing solution that is not harmful to your skin)

- Do an initial wipe-up

- Spray and allow sanitizing solution to set for 10 minutes then wipe-up

- Dispose of all wipes in biohazard containers or double-bag trash

- PPE should be removed and disposed of in the same manner
Hand washing

- Wash hands immediately after removing PPE
- Use a soft antibacterial soap
- Hand sanitizer can be used if warm water and soap are not available, but this is not a substitute for washing your hands! Wash your hands as soon as you can.
Labels must include the universal biohazard symbol, and the term “Biohazard” must be attached to:

- Containers of regulated biohazard waste (blood or other potentially infectious materials, contaminated materials such as sponges or clothes that may release blood when compressed/squeezed)
- Refrigerators containing blood or other potentially infectious materials
- Containers used to store, transport, or ship blood or other potentially infectious materials
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SECTION 4: EXPOSURE INCIDENT
Exposure Incident

- It is your employee responsibility to report all exposure incidents to Human Resources within 24 hours using Employee Incident/Accident report forms.

- An exposure incident:
  - Is a specific incident of contact with blood or other potentially infectious materials
  - If there are no penetrations of mucous membranes or open skin surfaces, it is not considered an occupational exposure

- Report all accidents involving blood or bodily fluids
Post-Exposure Evaluation

- After an exposure incident:
  - A confidential medical evaluation will take place
  - Be sure to document the route of exposure
  - Identify the source of the individual involved in the exposure
  - Test source individual(s)’ blood (with consent)
  - Results provided to exposed employee for follow-up steps
Hepatitis B Vaccine

- Hepatitis B vaccine can prevent hepatitis B, and the serious consequences of HBV infection, including liver cancer and cirrhosis.

- This vaccine series gives long-term protection from HBV infection, possibly lifelong.

- Provided at no cost to all employees.
- You will need to accept or decline this offer each year of your employment.
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SECTION 5: INFECTION CONTROL

Sharpen your skills!
Types of Infection

- Some can affect the entire body such as measles, malaria, HIV, yellow fever, and the seasonal flu.

- Some affect only one organ or system of the body, such as the common cold.

- Local infections can cause serious illnesses, and can spread through the bloodstream to cause widespread symptoms.

- The outcome of any infection depends on the virulence (seriousness of virus or disease) of infectious agents, the number of infecting organisms, and the response of the immune system.
Infectious agents (viruses or bacteria) can enter the body through:

- Skin contact
- **Inhalation** of airborne diseases
- **Ingestion** of contaminated food or water
- **Bites** from ticks or mosquitoes that carry and transmit infections
- **Sexual Contact**
- **Transmission** from mothers to their unborn children
Prevention and Treatment

Everyone has a role to play in keeping our community healthy and safe.

- Immunization
  - Moderns vaccines are among the most effective strategies to prevent disease

- Public Health Measures
  - Clean water supplies, adequate sewage treatment, and sanitary handling of food and milk are important to control the spread of infectious disease
  - Practicing Universal Precautions is the best defense
  - Hand washing
Hand washing

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

**Directions:**

- Wet your hands with clean running water and apply soap. Use warm water.
- Rub hands together to make lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds.
- Rinse hands while under running water.
- Dry hands using paper towel or air dryer.
Hand washing cont.

- When should you wash your hands?
  - Before handling food and food preparation items
  - Before and after eating
  - After using the bathroom, changing a diaper, or after helping an individual use the bathroom
  - Before and after treating a cut or wound
  - After exposure to blood and OPIM
  - After handling pets, after cleaning their cages/tanks
  - After coughing, sneezing, or blowing your nose; after wiping someone else’s nose
  - After playing or working outside
  - After handling trash
  - Whenever hands look, feel, or smell dirty
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SECTION 6: SUMMARY

Sharpen your skills!
Summary

- Bloodborne Pathogens (BBP) can cause serious illness or death
- You’re daily risk exposure is minimal, and casual contact does not put you at risk
- If blood or other potentially infectious material is present, always treat it as if it is contaminated with BBP
Summary

- If you are exposed to BBP or other potentially infectious material, report the incident to Human Resources within 24 hours.

- Report all accidents to Human Resources within 24 hours.

- Hepatitis B vaccine is available to all employees at no cost to the employee.
Everyone has a responsibility to keep our community healthy and safe

Always use Universal Precautions, Infection Control, and good judgment
Thank you!

Remember to continue on to the test/acknowledgment form to receive full credit for this compliance training.