

## Bloodborne Pathogens Training

### Introduction:

Bloodborne pathogens are harmful things like bacteria, viruses, or fungi that are found in the blood or bodily fluids of infected people. They are not just a problem that doctors encounter. Other healthcare professionals, laundry and maintenance workers, lab technicians and assembly workers can be affected by bloodborne pathogens, as well as other professionals working in a variety of occupational settings. Bloodborne pathogens are dangerous, which is why it is important to be educated on the many ways to protect yourself and others against them, to ensure that you do not get a disease caused by bloodborne pathogens.

Diseases that are caused by bloodborne pathogens, such as Hepatitis B, Hepatitis C, and HIV can be transmitted through one's eyes, nose, mouth, skin, or under the skin by a puncture wound. *If you follow certain safety measures to avoid contact with bloodborne pathogens, there is no reason to be worried about infection.*

### Types of Bloodborne Pathogens:

HBV, or Hepatitis B, is a serious liver infection that may not show symptoms until 6 months after infection. It is potentially life-threatening and there is no cure, however, there are medications available to treat a chronic HBV infection. There is also a safe and effective vaccine against HBV which will protect people who are at risk by making their immune system stronger against HBV.

HCV, or Hepatitis C, is another liver disease that can cause liver cirrhosis and liver cancer. Most people infected with HCV do not know they've been infected because they have no symptoms initially, and sometimes symptoms don't show until 20 years after infection. Like HBV, there is no cure and unfortunately no treatments or vaccines.

HIV is the virus that causes AIDS. HIV decreases the body's ability to fight infection, but people infected with HIV may not look or feel sick. AIDS is a serious, life-threatening disease and unfortunately there is no cure or vaccine for HIV or AIDS.

### Exposure Control Plan:

For employees that are at risk of exposure to bloodborne pathogens, OSHA requires employers to write an exposure control plan. The goal of the plan is to eliminate or reduce the exposure to bloodborne pathogens and other infectious materials, and it serves as a reference that includes ways of protecting and training employees when bloodborne pathogens may be present. The plan should be revised annually and needs to include:

- A list of jobs that may expose employees to bloodborne pathogens
- A detailed description of work practices and policies on topics like hand-washing, disposal of soiled materials, disposal of sharp materials, and protective equipment such as gloves and eye goggles
- Directions for housekeeping and maintenance
- Procedures for responding to an emergency

**Prevention:**

Using a method called “universal precautions”, you should assume that *all* blood and bodily fluids from every person are infected with a disease, and therefore, you should practice the following to prevent yourself from coming into contact with these fluids:

- Wear personal protective equipment (gloves, goggles, shoe covers, lab coats, face shields, etc.) whenever handling potentially infected materials.
- Remove any clothing items that become penetrated by blood/bodily fluids.
- Clean and disinfect personal protective equipment regularly if it is reusable.
- Remove all personal protective equipment before leaving the work area, as not to contaminate other areas.
- Put gloves on *before* coming into any contact with blood/bodily fluids, and carefully inspect them for holes and rips. Replace if necessary.
- Wear a mask, eye goggles, and/or a face shield when there is risk of fluids being sprayed, splashed, or squirted on you.
- Following proper hand-washing procedures and wash your hands as often as possible.
- Avoid injuring yourself with sharp instruments by disposing of any sharp material or instrument in the proper “sharps” container. The sharps container should be leak-proof, puncture-resistant, and labeled with a bio-hazard sticker.
- Do not eat, drink or smoke in any area where there is exposure to blood/bodily fluids. Also try your best to avoid touching your face, touching your contact lenses, and applying makeup in any area where there may be exposure.
- Properly dispose of bio-hazardous materials in the appropriate area of your company/building.
- Any contaminated laundry should be placed into bags in the location where it was used. They should be labeled as bio-hazardous and shipped to the laundry facility in leak-proof containers, *not* taken home to be washed.

**Decontamination:**

Sometimes, equipment and work areas will become contaminated with blood/bodily fluids, this needs to be cleaned up immediately. First, make sure you are wearing gloves and any other necessary protective equipment. Section off the area to be cleaned. Spread absorbent over any liquids, such as blood. Use a broom and dustpan to pick up any sharp objects, do *not* use your hands for this. Use bleach or a disinfectant to clean the area and allow the area to dry before removing the barrier.

**Post-Exposure:**

Exposure to blood/bodily fluids should be reported to your supervisor as soon as possible. You will receive a medical evaluation and follow-up. Try to provide as much information as possible so the healthcare provider can assess the situation and give you proper care if needed. All findings, diagnoses and treatment will remain confidential throughout the whole process.

## Bloodborne Pathogens: Training Guide Quiz

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Print Name

Signature

Date

1. Bloodborne pathogens are agents such as bacteria, viruses and fungi that can cause disease. True or False?
2. Bloodborne pathogens are only a real problem for doctors and nurses. True or False?
3. Which of the following are ways that bloodborne pathogens can get into the body and cause disease:
  - a) Eyes
  - b) Skin through an open cut
  - c) Nose or mouth
  - d) All the above
4. Hepatitis B is the virus that causes AIDS. True or False?
5. There is a vaccine for the following viruses:
  - a) HBV
  - b) HCV
  - c) HIV
  - d) All of the above
6. You could become infected with HBV, HCV or HIV and not know it since symptoms do not always show up (until months-years down the road). True or False?
7. When practicing "universal precautions", you should assume that:
  - a) only blood from children is unsafe
  - b) all blood and bodily fluids of every person is infected
  - c) only bodily fluids from women, and blood from men is infected
  - d) everyone is healthy and there is no need to be cautious when handling blood/bodily fluids
8. You should put gloves on:
  - a) After you have already touched bodily fluids
  - b) Only when cleaning up a contaminated area
  - c) Only if you have a cut on your skin that needs to be protected
  - d) Before coming into contact with any blood/bodily fluids
9. When you have laundry that may be soiled with bloodborne pathogens, you should take it home to wash it immediately. True or False?
10. Sharp materials and instruments should be put:
  - a) Into the regular trash with other garbage
  - b) Down the drain
  - c) Into the designated "sharps" container which is puncture and leak proof
  - d) In your pockets
11. If you've been exposed to blood/bodily fluids, you should report the incident to your supervisor immediately so you can seek medical attention if necessary. True or False?