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BLOODBORNE PATHOGENS GENERAL AWARENESS

**Leader's Guide, Fact Sheet
& Quiz**

Item Number: 4805

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This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

4805 BLOODBORNE PATHOGENS GENERAL AWARENESS FACT SHEET

LENGTH: 11 MINUTES

PROGRAM SYNOPSIS:

Bloodborne pathogens are dangerous microorganisms that can cause disease in humans. These microorganisms are carried in the blood stream and other bodily fluids. This video provides general awareness training for all employees on the dangers of bloodborne pathogens, how to protect yourself from them and ways to minimize the risk of transmission.

Topics include hepatitis and HIV, OSHA training requirements, universal precautions, safe work practices, proper removal and disposal of PPE and clothing and responding to and reporting possible exposures.

PROGRAM OBJECTIVES:

After watching the program, the participant should be able to explain the following:

- What bloodborne pathogens are and where they can be found;
- What the symptoms of Hepatitis B, Hepatitis C and HIV are;
- What following universal precautions means;
- Which safe work practices to follow to reduce your risk of infection;
- How to properly remove and dispose of PPE and clothing;
- Why responding to and reporting all exposures appropriately is so important.

PROGRAM OUTLINE:

DEFINITION OF BLOODBORNE PATHOGENS

- Blood or other body fluids can carry bloodborne pathogens, which are microorganisms, bacteria and viruses that can cause disease in humans.
- Bloodborne means that these pathogens are present in the blood, but they can also be present in other body fluids such as semen, vaginal secretions, spinal fluid and amniotic fluid. Some body fluids like urine, tears and vomit, are not regarded as infectious but any fluid, containing any amount of blood, is considered potentially infectious.
- The three most common bloodborne pathogens are Hepatitis B virus or HBV, Hepatitis C virus or HCV, and Human Immunodeficiency Virus or HIV.

HEPATITIS & HIV

- Hepatitis B infects the liver. The symptoms can range from jaundice, fatigue, abdominal pain and loss of appetite to no symptoms at all. It represents a major infectious bloodborne hazard, one that may survive on dried surfaces at room temperature for up to seven days. Hepatitis B is the only one of the three common bloodborne pathogens for which there is a vaccine available.
- Hepatitis C, HCV, also infects the liver. The symptoms can be jaundice, fatigue, dark urine, abdominal pain, loss of appetite and nausea. Hepatitis C is highly infectious. It can also survive for many days outside of the body.
- With Hepatitis C, the disease progresses slowly so early diagnosis and treatment are crucial. Since there's no vaccine, it's vital that you take every precaution to prevent infection.
- Lastly there's the HIV, Human Immunodeficiency Virus. It attacks the immune system, causing AIDS. The flu-like symptoms include fever, night sweats, glandular swelling and muscle or joint pain.
- You can get HIV through contact with blood and some body fluids but not by touching or being in casual contact with an HIV infected person. Currently there is no vaccine to prevent infection. HIV is the most well-known bloodborne pathogen, yet it is not the most common.
- There are other bloodborne pathogens, such as Hepatitis D, E, F and G that are not as common and present far lower risk of infection.

OSHA TRAINING REQUIREMENTS

- OSHA, the Occupational Safety and Health Administration, has a bloodborne pathogen standard that requires workplaces to have written exposure control plans containing information and procedures designed to protect

employees from exposure and transmission of bloodborne pathogens in the workplace.

- Bloodborne pathogens are not transmitted by casual contact. The infected blood or body fluids need a route of entry into your body in order to infect you. The three primary ways they can enter your body are through a mucus membrane, such as your eyes, nose and mouth, through non-intact skin like a cut or a sore or through a puncture wound from a sharp object that is contaminated.
- The potential to be exposed to bloodborne pathogens varies greatly in different industries and job functions. This video provides general awareness training for all employees, but if you are considered at risk for exposure, you may need additional training specific to your workplace.
- For example, if you are designated as a first aid provider at your workplace, or if you may be involved with the cleanup of potentially infectious materials, you are considered potentially at risk for exposure. Your workplace must assess exposure hazards and follow OSHA requirements.

UNIVERSAL PRECAUTIONS

- Universal precautions simply means treating all body fluids as potentially infected with bloodborne pathogens. Unless you are certain the blood or other fluids are yours, treat them as infected.
- If you encounter someone who is injured and bleeding, you should immediately activate your company's emergency procedures. This will summon first responders who are trained in first aid procedures, but if you need to tend to a bleeding person before first responders arrive, you need to protect yourself by using universal precautions.
- The best way to follow universal precautions is to use personal protective equipment, PPE, whenever you encounter an incident where bloodborne pathogens might exist. Put a barrier between you and blood or fluids.
- Every workplace first aid kit should include single use gloves, which can protect your skin and hands from direct contact with blood. Always inspect your gloves for tears or punctures. If a glove is damaged, don't use it.
- Remember, always protect yourself first. Without the proper PPE, you place yourself at risk for bloodborne pathogen transmission.

SAFE WORK PRACTICES

- Safe work practices are procedures that are designed to reduce your risk of infection. We'll cover the most common and universal safe work practices, but there may be others that are specific to your job or workplace. Know the facts about them.
- First of all, it's important to properly clean up the area where an accident occurred to prevent the spread of bloodborne pathogens.
- Around sharp objects, it's best to wear gloves that provide both liquid protection and cut resistance. Even with gloves on, don't handle broken glass or other sharp objects. Use a brush and dustpan or tongs.
- When cleaning surfaces or objects that may be contaminated, use an EPA-registered disinfectant or a 10 percent bleach solution to clean all surfaces.
- Place all contaminated material in a designated biohazard container. The container will be color coded red and labeled. There may be different procedures for disposing of biohazardous materials in your workplace. Know your facility's specific procedures.
- Anything used in a cleanup that may have been contaminated, such as a mop, broom or dustpan, must be decontaminated with a bleach solution. If you have any questions, ask your supervisor or employer for the right procedures to follow when disposing of potentially infectious materials at your workplace.

REMOVING & DISPOSING OF PPE & CLOTHING

- When you are done cleaning up a potentially infected area, it's critically important to properly remove and dispose of your PPE and clothing. If your employer provides uniforms, let them know that your clothing has been contaminated.
- Any contaminated clothing should also be carefully bagged and washed. Use the hottest washer settings possible for the clothes.
- It may be best to wash them more than once. Use detergent and chlorine bleach if bleach won't damage the clothes.
- Remember, disposable gloves should only be used once, so dispose of them properly after they have been used.
- Make sure you don't touch the outside of the gloves with any bare skin. Grasp the outside of one glove near the wrist and pull it off so it is inside out. Then, while holding that glove with the remaining gloved hand, insert a finger inside the glove and pull down to turn it inside out.

RESPONDING TO/REPORTING POSSIBLE EXPOSURES

- One of the most critical safe work practices to follow is to be sure to wash any exposed skin if you've possibly been exposed to blood or body fluids.
- When washing your hands, use a circular motion and light friction for 15 to 20 seconds. Include the front and back surface of hands, under and around fingernails, between fingers and knuckles and wash both wrists.
- Rinse under running water for at least 20 seconds. Point fingers down under the water so that the water drains from the wrist area to the fingertips.
- Use clean, disposable paper towels to dry your hands. Turn off the water using the paper towel instead of bare hands.
- The sink and faucet may need to be decontaminated after using it. If there is no sink available, use sanitizing wipes or disinfectant gels.
- If you get any body fluids in your nose, mouth or on any other exposed skin, wash that area also. If you get any in your eyes, irrigate with lots of water for several minutes.
- This next precaution is crucial. Report any possible exposure to bloodborne pathogens to your supervisor or employer as soon as possible. You may need to get immediate medical attention. Bloodborne pathogen exposures are most successfully treated when diagnosed early.
- If your job is defined as having risk of exposure to Hepatitis B, you should be offered vaccinations free of charge. Your workplace must also have procedures for follow up and evaluation if an exposure incident occurs.
- Follow up includes a written report, an evaluation and possibly blood tests. Confidential medical records must be kept for all employees who have risk of exposure on the job.

SUMMARY

- Diseases caused by bloodborne pathogens can be serious, but with the information we covered in this video, you can minimize these risks.
- Remember, always follow universal precautions. Treat all blood fluids that are not your own as potentially infectious and use personal protective equipment whenever helping an injured person.
- Also, use proper PPE and workplace practices when involved in cleanup or disposal of contaminated material, clothing or equipment. Report any potential exposure as soon as possible.

BLOODBORNE PATHOGENS GENERAL AWARENESS

ANSWERS TO THE REVIEW QUIZ

1. a
2. d
3. a
4. c
5. c
6. b
7. a
8. d
9. b
10. a

BLOODBORNE PATHOGENS GENERAL AWARENESS

REVIEW QUIZ

Name _____ Date _____

The following questions are provided to determine how well you understand the information presented in this program.

1. What are bloodborne pathogens?
 - a. Microorganisms, bacteria, and viruses that can cause disease in humans
 - b. Plaque and fat that collects in the blood
 - c. Neither of the above
2. Which of the following is a potentially infectious body fluid?
 - a. Spinal fluid
 - b. Semen
 - c. Vomit
 - d. All of the above
3. Hepatitis B can survive in dried blood.
 - a. True
 - b. False
4. HIV is the most common bloodborne pathogen.
 - a. True
 - b. False
5. Which of the following roles makes you potentially at risk for exposure?
 - a. Designated first aid provider at your workplace
 - b. Involved in cleanup of infectious materials
 - c. Both of the above
 - d. None of the above
6. Gloves can be used as PPE even if they have tears in them as long as the tears are very small.
 - a. True
 - b. False
7. When handling broken glass or other sharp objects, how should it be cleaned up?
 - a. Wearing thick gloves, sweep the glass into a dustpan
 - b. Without gloves, sweep the glass into a dustpan
 - c. Wearing single-use gloves, pick up the glass by hand
 - d. None of the above
8. What procedures should you follow with contaminated clothing?
 - a. Bag the clothes up separately from other clothes
 - b. Wash the clothing thoroughly in the hottest water possible
 - c. If you wear a uniform, inform your employer that your uniform was contaminated
 - d. All of the above
9. How long should you scrub your hands when washing them?
 - a. 5 seconds
 - b. 15 to 20 seconds
 - c. 2 minutes
10. When should you report exposure to bloodborne pathogens?
 - a. Immediately
 - b. Within 24 hours
 - c. Within one week
 - d. You do not need to report exposure