

Universal Precautions/Bloodborne Pathogens/Infection Control



Notes:

Why am I taking this course?

The goal of this course is to provide you with the information you need to keep yourself and your clients safe. If you work in a healthcare facility, whether as a clinician, doctor, nurse, administrative worker or in any support position you will benefit from this training. Your employer has determined that you have a possibility of exposure to bloodborne pathogens while performing your job and should take this training

I've already had this training, so why do I have to take it again?

Many employers require that you participate in training annually, within one year of the previous training. You may also be asked to take subsequent training if new tasks or procedures are introduced within the organization. Your safety is of the utmost concern.

This course is designed for general audiences, however, optional details will be provided for healthcare professionals during some of the topics covered.

1.5 Objectives

Objectives

- Explain common bloodborne pathogens, their symptoms, and modes of transmission
- Identify the regulatory text and the organization plan
- Analyze tasks which may put you at risk and use of engineering controls, work practices, and personal protective equipment to reduce your risk
- Describe the Hepatitis B vaccine
- Demonstrate the actions you should take and persons to contact in an emergency involving blood or [potentially infectious materials](#)
- Recognize signs, labels and color coding associated with biohazards



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- Recognize signs, labels and color coding associated with biohazards

Glossary OPIM

Other potentially infectious material means

- (1) The following human body fluids: semen, vaginal secretions, cerebrospinal fluid, synovial fluid, pleural fluid, pericardial fluid, peritoneal fluid, amniotic fluid, saliva in dental procedures, any body fluid that is visibly contaminated with blood, and all body fluids in situations where it is difficult or impossible to differentiate between body fluids;
- (2) Any unfixed tissue or organ (other than intact skin) from a human (living or dead); and
- (3) HIV containing cell or tissue cultures, organ cultures, and HIV- or HBV-containing culture medium or other solutions; and blood, organs, or other tissues from experimental animals infected with HIV or HBV.

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2. Definition, Symptoms, Transmission

2.1 Common Bloodborne Pathogens

Common Bloodborne Pathogens

Symptoms and Modes of Transmission

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2.2 Define bloodborne pathogens

Define Bloodborne Pathogens



Pathogen

- A virus, bacteria, or other microorganism which can cause a disease.

Bloodborne pathogen

- Carried in the blood
- Spread by contact with
 - Blood
 - All body fluids, secretions, and excretions, *except sweat*, regardless of whether or not they contain visible blood
 - Non-intact skin
 - Mucous membranes

Click the underlined word to see the definition.
Click the optional details button to see examples of bloodborne pathogens



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Notes:

A pathogen is a virus, bacteria, or other microorganism which can cause a disease.

A bloodborne pathogen is one which is carried in the blood and can be spread by contact with “1) blood; 2) all body fluids, secretions, and excretions, *except sweat*, regardless of whether or not they contain visible blood; 3) non-intact skin; and 4) mucous membranes.”

Click to see examples of bloodborne pathogens

OSHA: Healthcare Wide Hazards,
<https://www.osha.gov/SLTC/etools/hospital/hazards/univprec/univ.html>, retrieved 2014 05 09

List of Pathogens

BLOODBORNE PATHOGENS

- **Hepatitis B** virus
- **HIV**, which causes acquired immunodeficiency syndrome (AIDS)
- **Hepatitis C** virus
- **Human T-lymphotrophic virus Type 1**
- **Malaria**
- **Syphilis**
- **Babesiosis** (microscopic parasite usually transmitted by a tick)
- **Brucellosis** (bacteria usually transmitted by sheep, goats, cattle, or camels)
- **Leptospirosis** (bacteria usually transmitted by cattle, pigs, horses, dogs, rodents, and wild animals)
- **Arboviral infections** (virus transmitted primarily by mosquito or tick bites, West Nile virus is an example)
- **Relapsing fever** (bacteria usually transmitted by a tick)
- **Viral hemorrhagic fever** (virus usually transmitted by an animal or insect, Ebola is an Example)

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Optional
Details

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Glossary Entries (Slide Layer)

Define Bloodborne Pathogens

Pathogen

- A virus, bacterium, or parasite that can cause a disease.

Bloodborne pathogen

- Carried in the blood.
- Spread by contact with:
 - Blood
 - All body fluids, secretions, and excretions, *except sweat*, regardless of whether or not they contain visible blood
 - Non-intact skin
 - Mucous membranes

Click the underlined word to see the definition.

Click the optional details button to see examples of bloodborne pathogens

Optional
Details

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2.3 Activity

Activity

A bloodborne pathogen can be spread by contact with: (Select all that apply)

- Blood
- All body fluids, secretions, excretions (except sweat)
- Non-intact skin
- Mucous membranes


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Correct Answer: All

2.4 The Big 3

The Big 3

- Hepatitis B (HBV)
- Hepatitis C (HCV)
- Human immunodeficiency virus (HIV)



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Notes:

The three bloodborne pathogens of greatest concern are Hepatitis B (HBV), Hepatitis C (HCV), and human immunodeficiency virus (HIV).

As a healthcare worker, whether a direct care provider or in a support role, you are at a higher risk of exposure than the general population. The following slides explain the “top three” and their symptoms.

2.5 Hepatitis B (HBV)

Hepatitis B (HBV)

- Disease of the liver
- Infected persons “categories”
 - Do not know they are infected
 - Feel the effects and recover
 - Live with disease the remainder of their lives
- All infected persons can spread the disease

The diagram shows a human torso with the liver highlighted in red. Labels point to the Lungs, Heart, Liver, and Falciform Ligament. A small box in the bottom right corner says 'Optional Details'. At the bottom left, there is a small copyright notice: 'Copyright ©2014, Nanman Technologies, Inc. All Rights Reserved.'

Notes:

Hepatitis B (HBV) is a disease of the liver that is spread through bloodborne pathogens. Persons infected with HBV fall into three categories:

- Those infected who do not know they are infected since they neither look nor feel sick.
- Those infected who feel the effects of the disease and recover.
- Those infected who live with the disease for the remainder of their life. This group may develop liver cancer or cirrhosis of the liver. This may be fatal.

No matter which category the infected person is in, they can still spread the disease.

Additional Information (Slide Layer)

Hepatitis B (HBV)

Liver Diseases

Cirrhosis means a widespread disruption of normal liver structure by fibrosis and the formation of regenerative nodules that is caused by any of various chronic progressive conditions affecting the liver (as long-term alcohol abuse or hepatitis).

Hepatocellular carcinoma means cancer of the liver which is usually caused by scarring of the liver (cirrhosis) which may be caused by alcohol abuse, autoimmune diseases of the liver, hepatitis B or C virus infection, inflammation of the liver that is long-term (chronic) or iron overload in the body (hemochromatosis). Patients with hepatitis B or C are at high risk of liver cancer, even if they do not develop cirrhosis.

Click to return to slide

Optional details

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2.6 HBV Symptoms

HBV Symptoms

- May have no symptoms
- Fever
- Fatigue
- Loss of appetite
- Nausea
- Vomiting
- Abdominal pain
- Dark urine
- Clay-colored bowel movements
- Joint pain

[Jaundice](#)

The only way to know is to be tested



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Notes:

What are the symptoms of Hepatitis B (HBV)?

Although you may not have any symptoms, common symptoms include: fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, clay-colored bowel movements, joint pain, and or jaundice.

The only way you will know if you have HBV is to be tested.

Glossary Entries (Slide Layer)

HBV Symptoms

- May have no symptoms
- Fever
- Fatigue
- Loss of a
- Nausea
- Vomiting
- Abdominal pain
- Dark urine
- Clay-colored bowel movements
- Joint pain

Jaundice

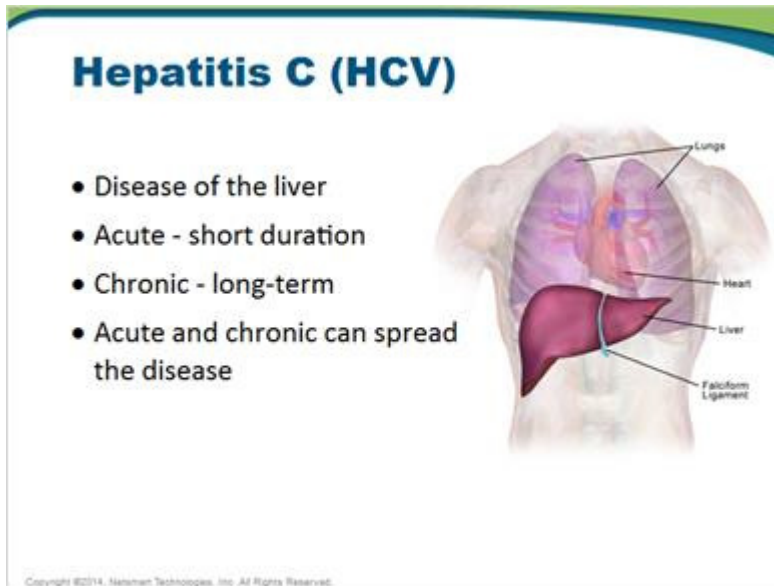
Jaundice means a yellowish pigmentation of the skin, tissues and certain body fluids.

Click to return to slide

The only way to know is to be tested

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2.7 Hepatitis C (HCV)



Notes:

Hepatitis C (HCV) is also a disease of the liver that is spread through bloodborne pathogens. Like Hepatitis B, an infected person may have no symptoms yet can still spread the disease.

HCV may be diagnosed as acute or chronic.

Acute HCV infection usually occurs within six months of exposure and lasts only a short time. It is likely that persons diagnosed with Acute HCV infection will progress to Chronic HCV.


Chronic HCV infection is long-term and may develop into liver cancer or cirrhosis of the liver.

With or without symptoms, persons with Hepatitis C can spread the disease.

2.8 HCV Symptoms

HCV Symptoms

- May have no symptoms
- Fever
- Fatigue
- Loss of appetite
- Nausea
- Vomiting
- Abdominal pain
- Dark urine
- Clay-colored bowel movements
- Joint pain
- Jaundice



The only way to know is to be tested

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Notes:

What are the symptoms of Hepatitis C (HCV)?

Although you may not have any symptoms, common symptoms include: fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, clay-colored bowel movements, joint pain, and/or jaundice. These symptoms usually occur six to seven weeks following exposure, but may appear as early as two weeks or as long as six months after exposure.

A person with Chronic Hepatitis C will most likely show liver damage.

The only way you will know if you have HCV is to be tested.


2.9 Activity

Activity

A person with Hepatitis B (HBV) or Hepatitis C (HCV) will always show symptoms.

True

False




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Correct Answer: False

2.10 HIV (Human Immunodeficiency Virus)

HIV
(Human Immunodeficiency Virus)

- Destroys **T cells**
- Lifetime disease
- Can be treated
- May develop AIDS
(Acquired Immunodeficiency Syndrome)



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Notes:

- HIV (Human Immunodeficiency Virus) is a disease which attacks and destroys your body's T cells.

- HIV uses the T cells to replicate itself, then destroys them.
- Once you are infected with HIV it is a lifetime disease, although it can be treated.
- Some, although not all, people with HIV develop AIDS (Acquired Immuno Deficiency Syndrome) which can lead to death.

Glossary Entries (Slide Layer)

HIV
(Human Immunodeficiency Virus)

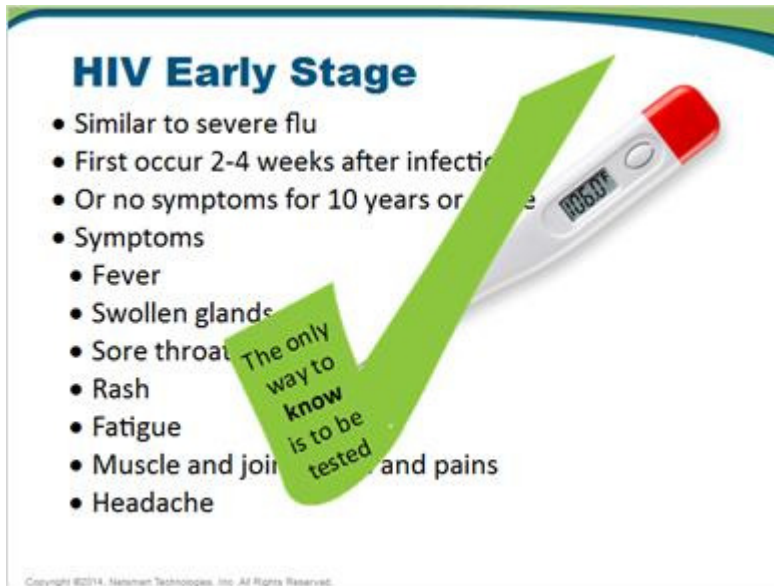
- Destroys [T cells](#)
- Lifetime disease
- Can be
- May de infected or cancerous cells.
(Acqui

T cells are white blood cells produced in your bone marrow that help your body fight

[Click to return to slide](#)

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2.11 HIV Early Stage



HIV Early Stage

- Similar to severe flu
- First occur 2-4 weeks after infection
- Or no symptoms for 10 years or more
- Symptoms
 - Fever
 - Swollen glands
 - Sore throat
 - Rash
 - Fatigue
 - Muscle and joint aches and pains
 - Headache

The only way to know is to be tested

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Notes:

What are the symptoms of HIV?

- Early stage symptoms are similar to a severe flu.
- The symptoms may first occur two to four weeks after infection, although the individual may have no symptoms for ten years or more.
- Common symptoms include: fever, swollen glands, sore throat, rash, fatigue, muscle and joint aches and pains, and headache. Since these symptoms are so similar to the flu and other illnesses
- The only way you will know if HIV is present is to be tested.

2.12 HIV Late Stage

HIV Late Stage

- May be prevented with medication
- Symptoms
 - Rapid weight loss
 - Recurring fever or profuse night sweats
 - Extreme and unexplained tiredness
 - Prolonged swelling of the lymph glands in the armpits, groin, or neck
 - Diarrhea that lasts for more than a week
 - Sores of the mouth, anus, or genitals
 - Pneumonia
 - Red, brown, pink, or purple blotches on or under the skin or inside the mouth, nose or eyelids
 - Memory loss, depression, and other neurologic disorders

Click here to view large graphic

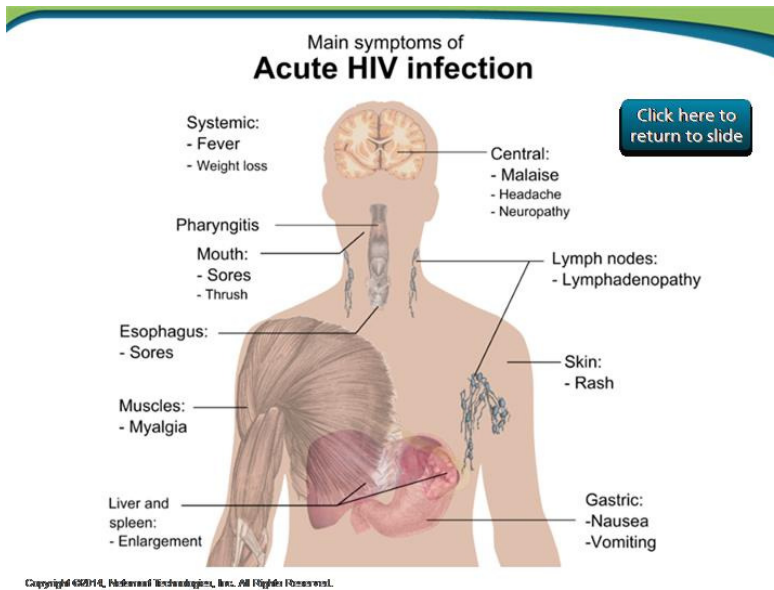
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Notes:

With proper medication, a person may never reach late stage HIV, which is the transition from HIV to AIDS.

Late stage HIV symptoms include: rapid weight loss; recurring fever or profuse night sweats; extreme and unexplained tiredness; prolonged swelling of the lymph glands in the armpits, groin, or neck; diarrhea that lasts for more than a week; sores of the mouth, anus, or genitals; pneumonia; red, brown, pink, or purple blotches on or under the skin or inside the mouth, nose or eyelids; memory loss, depression, and other neurologic disorders.

Large Graphic (Slide Layer)



2.13 Activity

Activity

Persons infected with HIV _____ develop AIDS.

Always

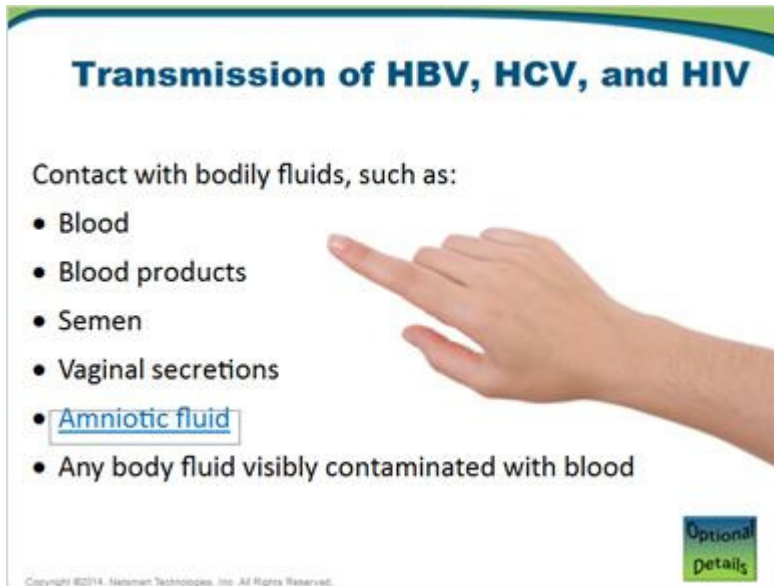
Sometimes

Never

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Correct Answer: Sometimes

2.14 Transmission of HBV, HCV, and HIV



Notes:

HBV, HCV, and HIV are transmitted from a person coming into contact with a body fluid of an infected person. These body fluids include:

- Blood
- Blood products
- Semen
- Vaginal secretions
- Amniotic fluid
- Any body fluid visibly contaminated with blood

The bottom line - any fluid from the body, except sweat, could contain a bloodborne pathogen.

For YOUR safety, treat all body fluids as a potential source of risk

Other Sources of Transmission (Slide Layer)

Transmission of HBV, HCV, and HIV

Contact

- Blood
- Blood
- Semen
- Vaginal secretions
- Amniotic fluid
- Any body fluid visibly contaminated with blood

Other possible sources of transmission include:

- Cerebrospinal fluid
- Synovial fluid
- Pleural fluid
- Pericardial fluid
- Peritoneal fluid
- Saliva in dental procedures
- Tissue or organ from a human
- Some cultures

Click to return to slide
Refer to Glossary under References for definitions

Optional
Details

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Glossary Entries

Transmission of HBV, HCV, and HIV

Contact

- Blood
- Blood products
- Semen
- Vaginal secretions
- Amniotic fluid
- Any body fluid visibly contaminated with blood

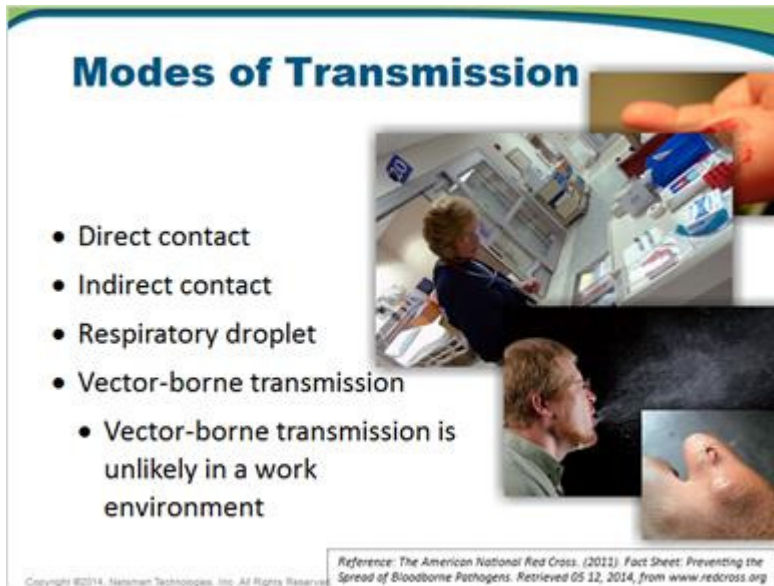
Amniotic Fluid is the fluid in which an embryo/fetus is suspended within the uterus

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Optional
Details

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2.15 Modes of Transmission



Modes of Transmission

- Direct contact
- Indirect contact
- Respiratory droplet
- Vector-borne transmission
- Vector-borne transmission is unlikely in a work environment

Reference: The American National Red Cross. (2011). Fact Sheet: Preventing the Spread of Bloodborne Pathogens. Retrieved 05 12, 2014, from www.redcross.org

Notes:

The National American Red Cross describes the primary transmission pathways as:

- Direct contact: Blood or other potentially infectious material (OPIM) is transmitted by an event such as a needlestick or fluid splashed in an eye.
- Indirect contact: Blood or OPIM are transferred from a surface such as contaminated linen or a counter.
- Respiratory droplet transmission: Blood or OPIM are breathed in from an infected person's cough or sneeze.
- Vector-borne transmission: Disease transmitted by a flea, tick or mosquito.
- The OSHA Standard is in place to protect you from direct contact, indirect contact and respiratory droplet transmission of bloodborne pathogens.

Reference: The American National Red Cross. (2011). Fact Sheet: Preventing the Spread of Bloodborne Pathogens. Retrieved 05 12, 2014, from [www.redcross.org: http://www.redcross.org/images/MEDIA_CustomProductCatalog/m3240081_PreventingSpreadBloodbornePathogensFactandSkill.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m3240081_PreventingSpreadBloodbornePathogensFactandSkill.pdf)

2.16 How Could I Be Exposed?

How Could I Be Exposed?

- HCV can survive outside the body for days
 - Contaminated surface
 - Regulated waste
 - Laundry
- Needlestick or cut
- Bite
- Fluid splashed into eyes, mouth, open cut or sore

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Notes:

Some viruses, such as Hepatitis C, can survive outside the body for days. If you come into contact with a contaminated surface, improperly handled regulated waste, or laundry, you could become infected.

Then there is more direct contact such as a needlestick or cut by a sharp object; a bite; or bodily fluid splashed into your eye, mouth, an open cut or sore.

Keep these exposure risks in mind as you perform your required tasks.

Glossary Entries (Slide Layer)

How Could I Be Exposed?

- HCV can survive outside the body for days
 - **Contaminated surface**
Contaminated means the presence or probable presence of blood or other potentially infectious materials on an item or surface.
- N
- Bi **Regulated Waste** means liquid or semi-liquid blood or other potentially infectious materials.
- Fl
sore
Click to return to slide



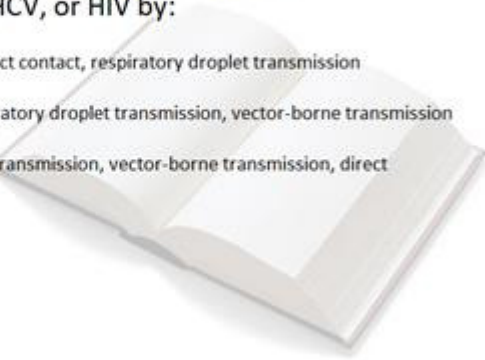
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2.17 Activity

Activity

In your work environment, you are most likely to be exposed to HBV, HCV, or HIV by:

- Direct contact, indirect contact, respiratory droplet transmission
- Direct contact, respiratory droplet transmission, vector-borne transmission
- Respiratory droplet transmission, vector-borne transmission, direct contact



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Correct Answer: Direct contact, indirect contact, respiratory droplet transmission

3. OSHA Requirement

3.1 OSHA Regulation and Organization Plan



3.2 The Requirement

The Requirement

- OSHA Standard 1910.1030
- Titled "Bloodborne Pathogens"

OSHA

UNITED STATES DEPARTMENT OF LABOR

Occupational Safety & Health Administration We Can Help

Regulations (Standards) - 29 CFR - Table of Contents

• Part Number:	1910
• Part Title:	Occupational Safety and Health Standards
• Subpart:	2
• Subpart Title:	Toxic and Hazardous Substances
• Standard Number:	1910.1030
• Title:	Bloodborne pathogens
• Appendix:	6

SCOPE AND APPLICATION: This section applies to all occupational exposure to blood or other potentially infectious materials as defined by paragraph (b) of this section.

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Notes:

OSHA Standard 1910.1030 (Standard) titled **Bloodborne Pathogens** requires employers to

- develop an exposure control plan
- implement the use of universal precautions
- ensure the use of engineering and work practice controls
- provide appropriate personal protective equipment (PPE)
- make Hepatitis B vaccines available to workers with occupational exposure
- provide post-exposure evaluation and follow-up should an exposure occur
- communicate, using labels and signs, any potential hazards
- provide information and annual training to workers


This course is to provide you with information and training. The complete text of Standard is available under the resources tab of this course and on the OSHA web site (www.osha.gov).

Glossary Entries

The Requirement 

- [OSHA](#) Standard 1910.1030
- Title: **OSHA** means Occupational Safety and Health Administration, which is a federal organization that is a part of the Department of Labor.

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Occupational Safety & Health Administration We Can Help What's New | Offices 

Home Workers Regulations Enforcement Data & Statistics Training Publications Newsroom Small Business Anti-Retalation

Regulations (Standards - 29 CFR) - Table of Contents

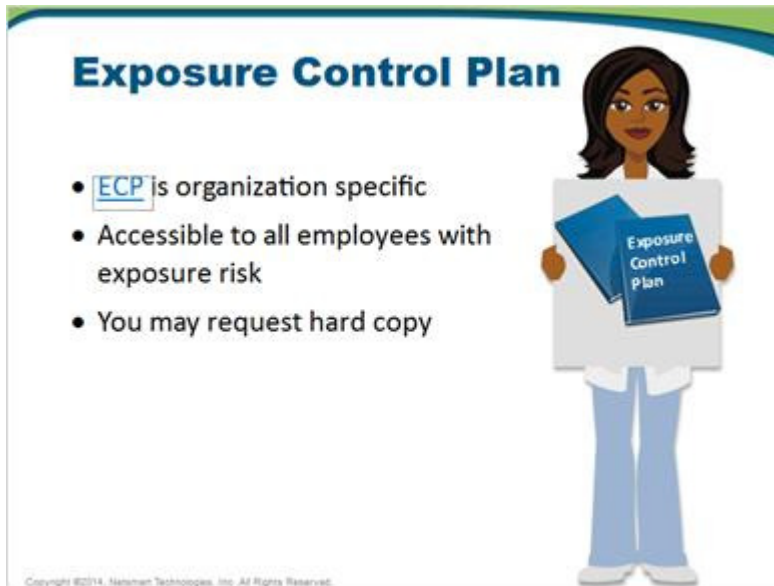
• Part Number:	1910
• Part Title:	Occupational Safety and Health Standards
• Subpart:	Z
• Subpart Title:	Toxic and Hazardous Substances
• Standard Number:	1910.1030
• Title:	Bloodborne pathogens.
• Appendix:	A

1910.1030(a)

Scope and Application. This section applies to all occupational exposure to blood or other potentially infectious materials as defined by paragraph (b) of this section.

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3.3 Exposure Control Plan



Exposure Control Plan

- **ECP** is organization specific
- Accessible to all employees with exposure risk
- You may request hard copy

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Notes:

Your supervisor has or will review the organization's specific Exposure Control Plan (Plan) with you. If you have not yet received organization specific information, please contact your supervisor, human resource department, or compliance department for review of the Exposure Control Plan.

Your organization is required to:

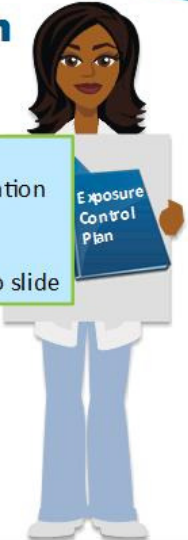
- Make the Plan accessible to all employees with exposure risk
- Review the Plan annually
- Update the Plan if tasks or procedures change and for new possible exposures
- Provide you with a hard copy of the Plan within 15 days if you so request

Glossary Entries

Exposure Control Plan

- **EC** **Exposure Control Plan** means written documentation describing implementation of the OSHA bloodborne pathogens standard within the organization.
- Ac
- ex
- Yo

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3.4 Activity

Activity

An Exposure Control Plan which gives the organization specifics for the _____'s Bloodborne pathogens Standard.

- CDC (Center for Disease Control and Prevention)
- OSHA (Occupational Safety & Health Administration)
- DoL (Department of Labor)



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Correct Answer: OSHA (Occupational Safety & Health Administration)

4. Risk and Prevention

4.1 Risk and Risk Reduction



4.2 Reduce Your Risk

A presentation slide with a white background and a green and blue header. The title "Reduce Your Risk" is in a bold, dark blue font. On the left is a red biohazard container. On the right is a person wearing blue scrubs, a blue hairnet, and a blue face shield. Below these images is a list of three bullet points: "• Engineering controls", "• Work practices", and "• Personal protective equipment (PPE)". To the right of the list is an image of hands being washed with a hand sanitizer dispenser. At the bottom center is a green button with the text "Click here to view definitions". At the bottom left, there is a small copyright notice: "Copyright ©2014, NetScout Technologies, Inc. All Rights Reserved."

Notes:

Your risk is managed by use of:

- **Engineering controls:** These are devices designed to isolate or remove hazards of bloodborne pathogens from your environment, such as sharps disposal containers, self-sheathing needles, needless systems, containers for contaminated regulated waste, etc.
- **Work practices:** Organization wide processes and procedures designed to protect you from exposure. For example, you may be prohibited from recapping needles using a two-handed technique or may be required to put potentially hazardous laundry into leak-proof laundry bags.
- **Personal protective equipment (PPE):** This includes gloves, goggles, glasses, face shields, gown or special uniforms, etc. This personal protective equipment is provided for your benefit.

Glossary Entries

Reduce Your Risk

Engineering Controls means controls that isolate or remove the bloodborne pathogens hazard from the workplace.

Personal Protective Equipment is specialized clothing or equipment worn by an employee for protection against a hazard.

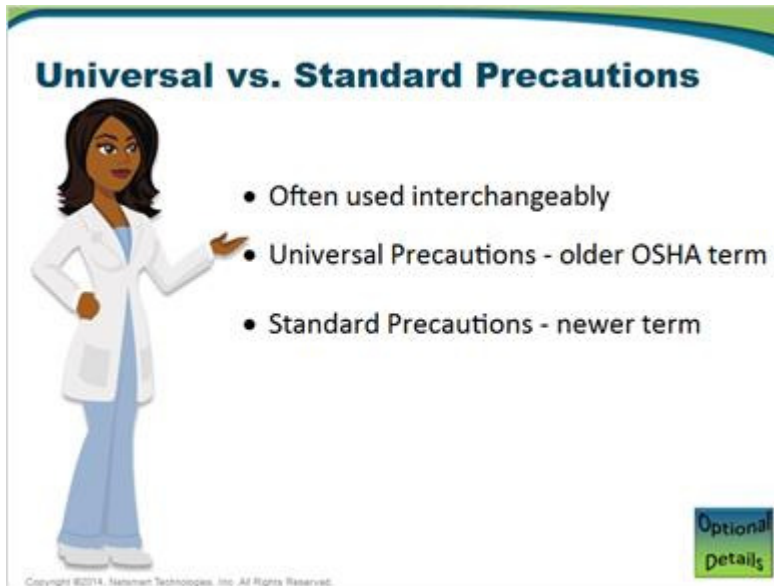
Work Practice Controls means policies, procedures, and processes you are asked to follow to reduce your risk.

- [Click to return to slide](#)
- Work practices
- Personal protective equipment (PPE)

[Click here to view definitions](#)

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4.3 Universal vs. Standard Precautions



Notes:

You may find the terms **Universal Precautions** and **Standard Precautions** are often used interchangeably. While the basic concept of both **Precautions** are to keep you and your client safe from bloodborne pathogens. Universal Precautions is used by the OSHA Standard.

Standard Precautions is a newer term encompassing Universal Precautions.

While the OSHA Standard requires the use of Universal Precautions, best practice is to follow the current Standard Precautions which go further in reducing risk to both you and your clients.

Optional Details

DEFINITION
Universal Precautions is used in the language of the OSHA Standard. The definition from the Standard is "an approach to infection control. According to the concept of Universal Precautions, all human blood and certain human body fluids are treated as if known to be infectious for HIV, HBV, and other bloodborne pathogens." Universal Precautions were issued by the Centers for Disease Control and Prevention from 1985 - 1988.
Click to return to slide

DEFINITION
Standard Precautions expands the definition of Universal Precautions. The definition from OSHA's "Healthcare Wide Hazards" document is "**Standard Precautions** apply to 1) blood; 2) all body fluids, secretions, and excretions, *except sweat*, regardless of whether or not they contain visible blood; 3) non-intact skin; and 4) mucous membranes. Standard precautions are designed to reduce the risk of transmission of microorganisms from both recognized and unrecognized sources of infection in hospitals."
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Optional details

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4.4 Engineering Controls

Engineering Controls

Examples

- Sharps disposal containers
- Needleless systems
- Needles with built-in protection
- Plastic capillary tubes
- Biohazard bags

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Notes:

Engineering controls are devices designed to isolate or remove hazards. In relation to Bloodborne Pathogens, these may include, but are not limited to:

- Sharps Disposal Containers must be puncture resistant, leak-proof sides and bottom, appropriately labeled, and closeable.
- Needleless Systems are devices that do not use needles for the collection of body fluids and the administration of medication or fluids.
- Needles with Built-in protection to guard workers from puncture, such as self-sheathing needles.
- Plastic capillary tubes are disposable tubes used for blood collection.
- Biohazard Bags which must be closeable and are properly colored and labeled.

Glossary Entries

Engineering Controls

Needleless systems means a device that does not use needles.

Sharp means a medical instrument that is sharp or may produce sharp pieces by shattering.

Sharps with engineered sharps injury protections means a non-needle sharp or a needle device with a built-in safety feature to reduce the risk of an exposure incident.

[Click to return to slide](#)

- Plastic capillary tubes
- Biohazard bags

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4.5 Work Practice Controls Introduction

Work Practice Controls Introduction

- Hand hygiene
- Handling sharps
- Disposal of sharps
- Handling laundry
- Cleaning contaminated surfaces and items
- Disposal of regulated wastes



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Notes:

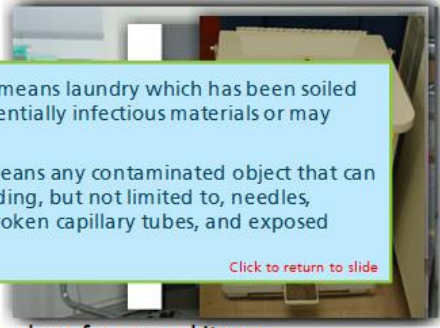
Work Practice Controls include:

- Hand Hygiene
- Handling Sharps
- Disposal of Sharps
- Handling Laundry
- Cleaning Contaminated Surfaces and Items
- Disposal of Regulated Wastes

The following slides describe these Work Practice Controls.

Glossary Entries (Slide Layer)

Work Practice Controls Introduction






- **Contaminated Laundry** means laundry which has been soiled with blood or other potentially infectious materials or may contain sharps.
- **Contaminated Sharps** means any contaminated object that can penetrate the skin including, but not limited to, needles, scalpels, broken glass, broken capillary tubes, and exposed ends of dental wires.
- [Click to return to slide](#)
- Handling laundry
- Cleaning contaminated surfaces and items
- Disposal of regulated wastes

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4.6 Hand Hygiene

Hand Hygiene

- Soap and water preferred method
- Alcohol based sanitizer - at least 60% alcohol



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Notes:

Washing your hands with soap and water is the preferred method for hand hygiene.

When soap and water is not available, an alcohol-based hand sanitizer with at least 60%

alcohol is acceptable - until thorough handwashing facilities are accessible.

Click the soap and antibacterial picture for the proper handwashing procedures.

Read as separate clips

Soap and Water

- Wet your hands with clean running water
- Apply soap
- Lather the front and back of your hands, between fingers, and under fingernails
- Scrub your hands for at least 30 seconds
 - If you don't want to use your watch for a timer, sing two or three verses of “Mary Had a Little Lamb” or the “Happy Birthday” song twice
- Rinse your hands under running water
- Air dry your hands or use a clean towel to dry them

Sanitizer

- The hand sanitizer must be alcohol-based and at least 60% alcohol
- Read the dispenser to determine the proper amount to apply
- Apply to one hand
- Rub over the front and back of your hands and fingers until the sanitizer has dried
- Wash your hands with soap and water as soon as it is feasible, as sanitizers do not eliminate every type of germ

Soap and Water

SOAP and WATER

- Wet your hands with clean running water
- Apply soap
- Lather the front and back of your hands, between fingers, and under fingernails
- Scrub your hands for at least 30 seconds
- If you don't want to use your watch for a timer, sing two or three verses of "Mary Had a Little Lamb" or the "Happy Birthday" song twice
- Rinse your hands under running water
- Air dry your hands or use a clean towel to dry them

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Sanitizer

Hand Hygiene

SANITIZER

- The hand sanitizer must be alcohol-based and at least 60% alcohol
- Read the dispenser to determine the proper amount to apply
- Apply to one hand
- Rub over the front and back of your hands and fingers until the sanitizer has dried
- Wash your hands with soap and water as soon as it is feasible, as sanitizers do not eliminate every type of germ

[Click to return to slide](#)

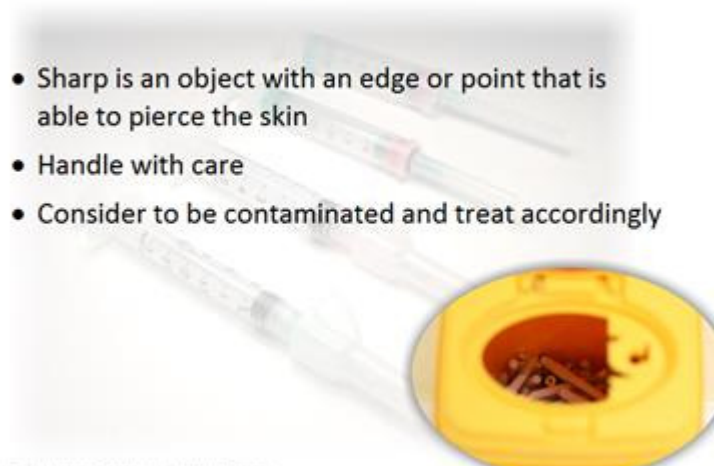


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4.7 Handling and Disposal of Sharps

Handling and Disposal of Sharps

- Sharp is an object with an edge or point that is able to pierce the skin
- Handle with care
- Consider to be contaminated and treat accordingly

A syringe is shown in the background, and a yellow sharps disposal container is shown in the foreground, containing several used needles.

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Notes:

A sharp is an object that has an edge or a point that is able to cut or pierce the skin, such as a syringe. Any tools which could puncture your skin should be handled with care. All tools used on a client should be considered to be contaminated and treated accordingly.

4.8 Sharps Do

Sharps Do

- Dispose of promptly
- Deposit in sharps disposal container
- Use one handed technique if recapping is required
- Pick up broken glass with tongs or forceps

A thumbs up gesture is shown on the right. Below the list, there is an image of a sharps disposal container on the left and a pair of forceps on the right.

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Notes:

Do

- Promptly dispose of all sharps
- Deposit the used sharp in the Sharps Disposal Container (Best Practice)
- Do use the one-handed technique if recapping is required and only if there is no other feasible alternative
 - Use a one-handed scoop motion to slide the cap over the needle, then push against a hard surface to secure the cap
- Use tongs or forceps to pick up a piece of glass which has broken, then dispose properly

4.9 Sharps Don't



Notes:

Don't

- Use replace a needle cap by holding the needle in one hand and the cap in the other
- Bend or remove a sharp with your hand(s), always use a mechanical device
- Pick up broken glass or other sharp with your hand(s), use forceps, tongs, or a brush

and dust pan

4.10 Activity



Activity

I should do this with sharps:

- Dispose of promptly
- Deposit in sharps disposal container
- Use one handed technique if recapping is required
- Pick up broken glass with tongs or forceps
- Replace a needle cap using two hands
- Bend or remove a sharp with your hand(s)
- Pick up broken glass with your hand(s)

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Correct Answer: You should 1) dispose of promptly, 2) deposit in a sharps disposal container, 3) use the one handed technique for recapping, and 4) pick up broken glass with tongs or forceps.

4.11 Handling Laundry Do



Handling Laundry Do

- Wear puncture resistant gloves
- Wear protective clothing
- Handle as little as possible
- Contaminated laundry in labeled container
- Place contaminated container in second container
- If it touched a contaminated surface, it is contaminated
- Sharps disposal container near laundry processing area

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Notes:

Precautions should be taken by any person handling soiled laundry.

Do

- Wear gloves - use puncture-resistant gloves when sorting contaminated laundry to avoid puncture by sharps
- Wear appropriate protective clothing
- Handle contaminated laundry as little as possible
- Place contaminated laundry in a specifically color coded or labeled container
- If leakage occurs or could occur through one layer of a container, place into second container
- Consider all laundry that has or could have touched a contaminated surface as contaminated laundry
- Have a Sharps Disposal Container available where laundry is processed

4.12 Handling Laundry Don't



Notes:

Don't

- Place contaminated laundry with general laundry

- Sort or pre-rinse contaminated laundry in client areas
- Touch laundry with bare hands
- Leave damp laundry in machines

4.13 Cleaning Contaminated Surface/Item

Cleaning Contaminated Surface/Item

- Clean per organization's written instructions
- Following procedure
- When obviously contaminated
- Immediately after blood or other potentially infectious material (OPIM) has spilled
- At end of each shift
- Prior to shipping equipment

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The slide features a list of instructions on the left and a photograph on the right. The photograph shows a healthcare worker in green scrubs and purple gloves, smiling while holding a blue-handled cleaning tool. In the background, a patient is lying in a hospital bed.

Notes:

Surfaces and items which have or could be contaminated by pathogens should be cleaned per the organization's written schedule. Please ask your supervisor where to find the appropriate cleaning schedule for your area.

When should surfaces should be decontaminated?

- Following a procedure which included exposure of blood or other potentially infectious materials (OPIM)
- When a surface or item has obviously been contaminated
- Immediately after a spill of blood or OPIM (or as soon as feasibly possible)
- At the end of each shift
- Prior to shipping any equipment for repair or cleaning (if it is not possible to completely decontaminate the surface or item, make sure to properly label and cover the item)

Glossary Entries


Cleaning Contaminated Surface/Item

OPIM see Other Potentially Infectious Materials.
Other Potentially Infectious Materials means

- (1) The following human body fluids: semen, vaginal secretions, cerebrospinal fluid, synovial fluid, pleural fluid, pericardial fluid, peritoneal fluid, amniotic fluid, saliva in dental procedures, any body fluid that is visibly contaminated with blood, and all body fluids in situations where it is difficult or impossible to differentiate between body fluids;
- (2) Any unfixed tissue or organ (other than intact skin) from a human (living or dead); and
- (3) HIV containing cell or tissue cultures, organ cultures, and HIV- or HBV-containing culture medium or other solutions; and blood, organs, or other tissues from experimental animals infected with HIV or HBV.

Click to return to slide

- Immediately after a spill of potentially infectious material (OPIM) has spilled
- At end of each shift
- Prior to shipping equipment



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4.14 Cleaning

Cleaning (cont.)

OSHA recommends

- EPA-registered tuberculocidal disinfectants
- Diluted bleach solutions
- EPA-registered disinfectants

Follow organization's Exposure Prevention Plan directions



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Notes:

OSHA recommends the use of EPA-registered tuberculocidal disinfectants, diluted

bleach solutions, or EPA-registered disinfectants be used to remove surfaces contaminated by HBV or HIV. Other disinfectants may be deemed appropriate for a particular surface in your work environment. Ask your supervisor or refer to your organization's Exposure Prevention Plan.

4.15 Difficult/Frequently Touched Surfaces



Notes:

Some items or surfaces which are difficult to clean or frequently touched by blood or other potentially infectious material may have a protective covering. This covering should be cleaned when feasible and replace when it is damaged or contaminated. An example would be a cover for a computer keyboard.

Decontamination should be done using the appropriate disinfectant following organization procedures. Your supervisor should be able to advise you regarding suitable measures.

4.16 Regulated Wastes Defined



Regulated Wastes Defined

- Liquid or semi-liquid blood or other potentially infectious materials (OPIM)
- Contaminated items that would release blood or OPIM in a liquid or semi-liquid state if compressed
- Items that are caked with dried blood or OPIM and are capable of releasing these materials during handling
- Contaminated sharps
- Pathological and microbiological wastes containing blood or OPIM

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Notes:

Regulated waste is defined by OSHA as “means liquid or semi-liquid blood or other potentially infectious materials; contaminated items that would release blood or other potentially infectious materials in a liquid or semi-liquid state if compressed; items that are caked with dried blood or other potentially infectious materials and are capable of releasing these materials during handling; contaminated sharps; and pathological and microbiological wastes containing blood or other potentially infectious materials.”

4.17 Disposal of Regulated Wastes

Disposal of Regulated Wastes

Do

- Store in a closeable, leak-proof container
- Properly label container
- Sharps in puncture-resistant container
- Follow applicable state and local laws
- Clean and decontaminate bins or pails

Don't

- Place where it could be compressed and release pathogens



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Notes:

Do

- Store regulated wastes in a closeable, leak-proof container
- Properly label container as hazardous waste
- Ensure sharps are placed in a puncture-resistant container
- Dispose of waste following applicable state and local laws
- Clean and decontaminate bins or pails used to transport regulated wastes

Don't

- Place an item containing infected material in a container where it could be compressed and release pathogens

4.18 Activity

Activity

You should wear puncture resistant gloves when _____.

- Sorting laundry
- Cleaning contaminated surfaces
- Disposing of regulated wastes



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Correct Answer: Sorting Laundry

4.19 Activity

Activity

OPIM stands for:

- Other Products Infection Material
- Other Potentially Infectious Material
- Operation Probably Infectious Means
- Operation Products Infection Material



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Correct Answer: Other Potentially Infectious Material.

4.20 Personal Protective Equipment (PPE)

Personal Protective Equipment (PPE)

- Worn for protection against a hazard
- Does not include general work clothes



Click the picture to see a list of PPE

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Notes:

The definition of Personal Protective Equipment is “specialized clothing or equipment worn by an employee for protection against a hazard. General work clothes (e.g., uniforms, pants, shirts or blouses) not intended to function as protection against a hazard are not considered to be personal protective equipment” according to the OSHA Standard.

This equipment could include:

Gloves

Gown

Laboratory coat

Apron

Goggles

Glasses

Face shield

Mask

Shoe covers

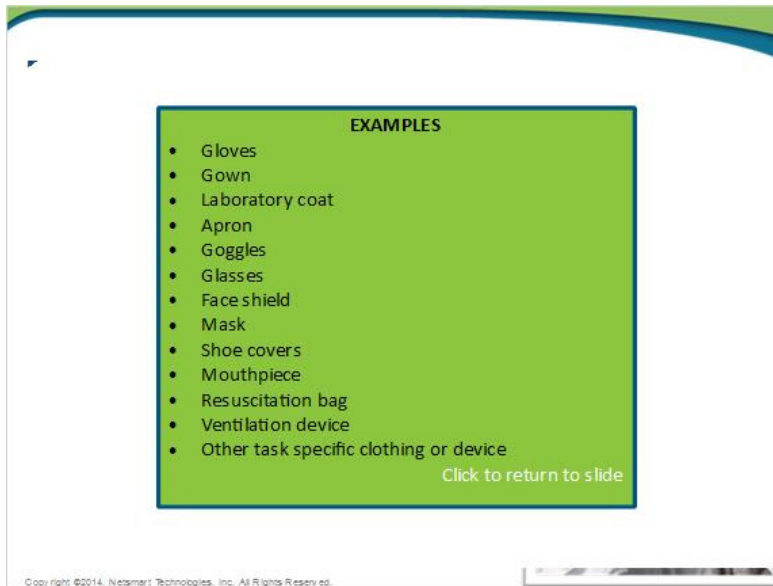
Mouthpiece

Resuscitation bag

Ventilation device

Other task specific clothing or device

Examples (Slide Layer)



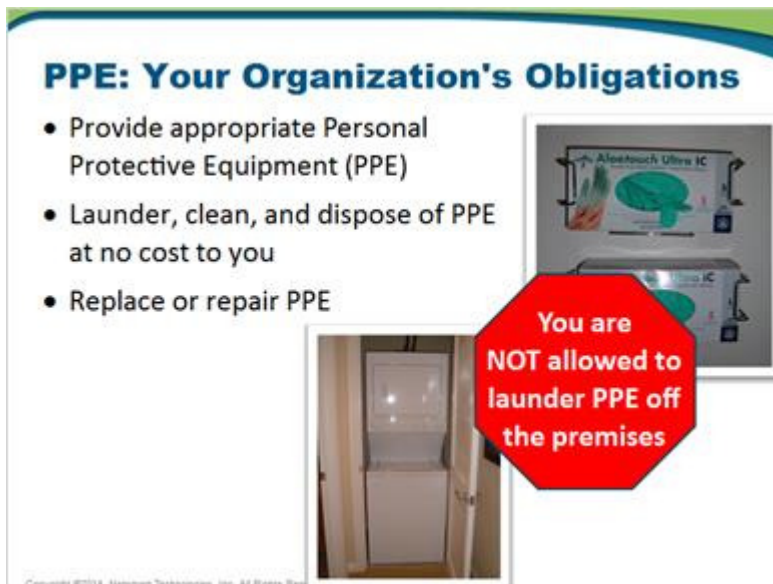
EXAMPLES

- Gloves
- Gown
- Laboratory coat
- Apron
- Goggles
- Glasses
- Face shield
- Mask
- Shoe covers
- Mouthpiece
- Resuscitation bag
- Ventilation device
- Other task specific clothing or device

Click to return to slide

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4.21 PPE: Your Organization's Obligations



PPE: Your Organization's Obligations

- Provide appropriate Personal Protective Equipment (PPE)
- Launder, clean, and dispose of PPE at no cost to you
- Replace or repair PPE

You are NOT allowed to launder PPE off the premises

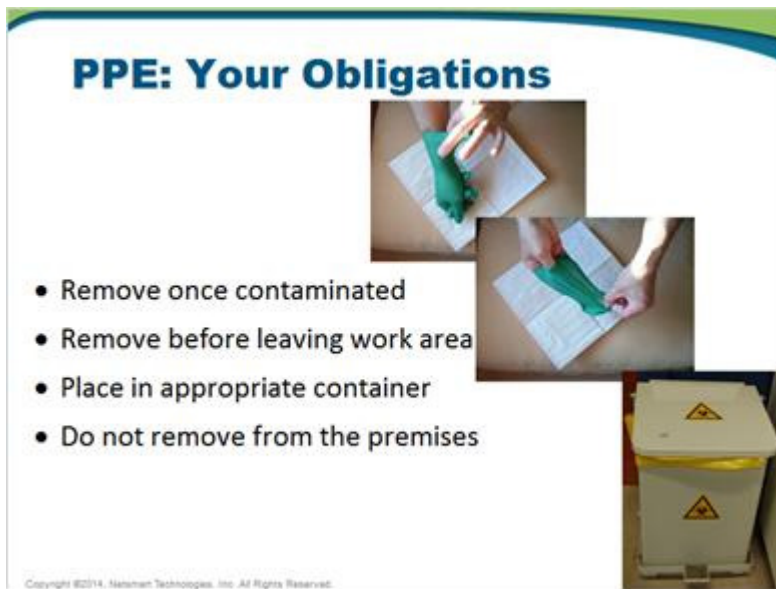
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Notes:

The OSHA Standard requires your organization to

- Provide appropriate personal protective equipment (PPE)
- If you have an allergy to a particular PPE item, notify your supervisor so appropriate PPE may be provided
- Appropriate sizes should be available
- The employer shall launder, clean, and dispose of PPE at no cost to the employee
- The employer shall repair or replace PPE as needed
- Note: You are not allowed to launder these items off the premises

4.22 PPE: Your Obligations



PPE: Your Obligations

- Remove once contaminated
- Remove before leaving work area
- Place in appropriate container
- Do not remove from the premises

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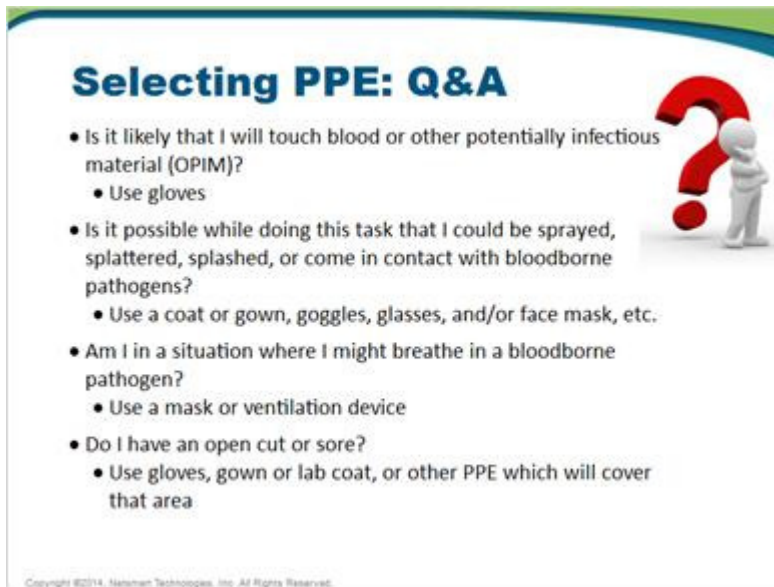
Notes:

The Standard requires you to

- Remove any personal protective equipment (PPE) as soon as feasible once it is contaminated by blood or other potentially infectious material (OPIM)
- Remove PPE before you leave your work area
- Place soiled or contaminated PPE in the appropriate container for disposal, storage, decontamination, or laundry.

- Do not remove any PPE from the organization's premises, unless it is a specific requirement of your job, then handle as instructed

4.23 Selecting PPE: Q&A



Selecting PPE: Q&A

- Is it likely that I will touch blood or other potentially infectious material (OPIM)?
 - Use gloves
- Is it possible while doing this task that I could be sprayed, splattered, splashed, or come in contact with bloodborne pathogens?
 - Use a coat or gown, goggles, glasses, and/or face mask, etc.
- Am I in a situation where I might breathe in a bloodborne pathogen?
 - Use a mask or ventilation device
- Do I have an open cut or sore?
 - Use gloves, gown or lab coat, or other PPE which will cover that area

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Notes:

Not every piece of Personal Protective Equipment (PPE) is necessary in all circumstances or environments. These are some questions to help you determine what level of PPE is appropriate.

Is it likely that I will touch blood or other potentially infectious material (OPIM)?

- Use gloves

Is it possible while doing this task that I could be sprayed, splattered, splashed, or come in contact with bloodborne pathogens?

- Use a coat or gown, goggles, glasses, and/or face mask, etc.

Am I in a situation where I might breathe in a bloodborne pathogen?

- Use a mask or ventilation device

Do I have an open cut or sore?

- Use gloves, gown or lab coat, or other PPE which will cover that area

4.24 Activity

Activity

Who is responsible for what?

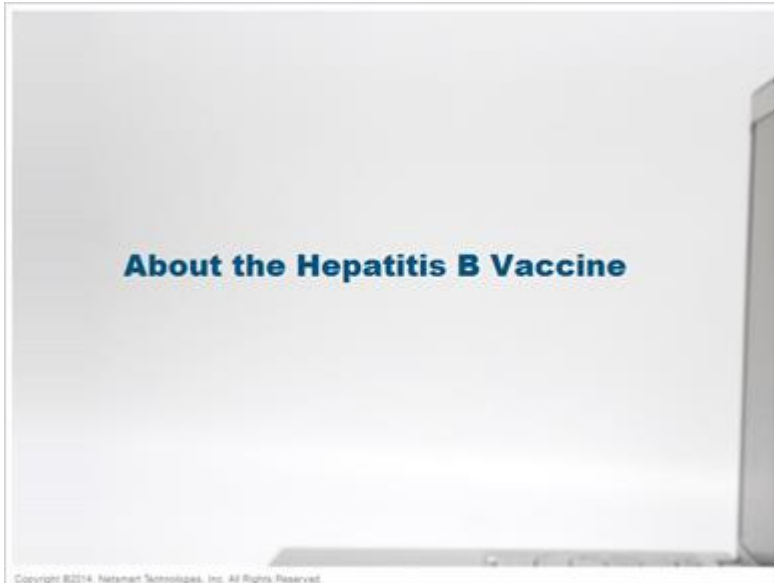
I	must use PPE in potentially hazardous situations.
My organization	must launder, repair, or dispose of PPE.

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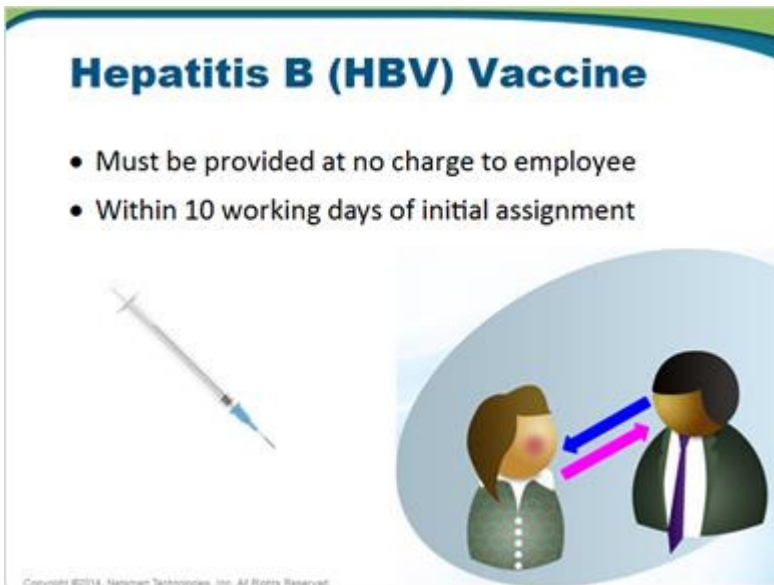
Correct Answer: I must use PPE in potentially hazardous situations. My Organization must launder, repair, or dispose of PPE.

5. Hepatitis B Vaccine

5.1 About the Hepatitis B Vaccine



5.2 Hepatitis B (HBV) Vaccine



Notes:

If a healthcare worker has a risk of occupational exposure to the Hepatitis B virus (HBV),

their employer must provide the HBV vaccine at no charge within ten working days of initial assignment.

The purpose is two-fold

- To prevent transmission from client to employee
- To prevent transmission from employee to client

5.3 HBV Vaccine Facts

HBV Vaccine Facts

- Series of 3-4 shots over 6 months
- Only minor discomfort at injection site
- CDC notes no serious side effects
- Do not take if
 - You have a yeast allergy
 - Had a previous reaction to the vaccine
- The risk of a severe reaction is less than risk of contracting Hepatitis B

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INFORMATION

Notes:

- The Hepatitis B vaccine is a series of three or four shots given over a six-month period.
- The vaccine is considered safe with only minor discomfort located at the site of injection, as with many vaccines. According the CDC web site, since the vaccine became available in 1982, no serious side effects have been reported from the more than 100 million people have received the vaccine in the United States.
- Persons with an allergy to yeast should not take the vaccine, as it is used in making the virus. If you have had a previous allergic reaction to the Hepatitis B vaccine, you should not take the vaccine.
- For most persons, the risk of severe reaction to the vaccine is far less than the risk of contracting the Hepatitis B virus.

5.4 Your Rights and Obligations

Your Rights and Obligations

- Do not have to take, if
 - Testing shows immunity
 - You have medical reasons
 - You don't want to
- If you do not take the vaccine, you must sign a "Hepatitis B Declination" form

Click here if you would like to see the OSHA mandatory wording for form

Mandatory wording required for Hepatitis B Declination form

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Notes:

- If you have already had the vaccination, have had antibody testing which shows immunity, or if medical reasons prevent you from receiving the vaccine you are not required to receive the vaccine. Your employer will ask for documentation for their records.
- You also have the right to decline the vaccine for your own reasons. In this case, your employer is required to obtain your signature on a Hepatitis B Declination form. Click to see the required wording for the form.

Do not read

Wording for form:

HEPATITIS B DECLINATION (MANDATORY)

I understand that due to my occupational exposure to blood or other potentially infectious materials I may be at risk of acquiring hepatitis B virus (HBV) infection. I have been given the opportunity to be vaccinated with hepatitis B vaccine, at no charge to myself. However, I decline hepatitis B vaccination at this time. I understand that by declining this vaccine, I continue to be at risk of acquiring hepatitis B, a serious disease. If in the future I continue to have occupational exposure to blood or other potentially

infectious materials and I want to be vaccinated with hepatitis B vaccine, I can receive the vaccination series at no charge to me.

Mandatory Wording

HEPATITIS B DECLINATION (MANDATORY)

I understand that due to my occupational exposure to blood or other potentially infectious materials I may be at risk of acquiring hepatitis B virus (HBV) infection. I have been given the opportunity to be vaccinated with hepatitis B vaccine, at no charge to myself. However, I decline hepatitis B vaccination at this time. I understand that by declining this vaccine, I continue to be at risk of acquiring hepatitis B, a serious disease. If in the future I continue to have occupational exposure to blood or other potentially infectious materials and I want to be vaccinated with hepatitis B vaccine, I can receive the vaccination series at no charge to me.

[Return to slide](#)


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5.5 Your Employer's Obligations

Your Employer's Obligations

Your employer must

- Document exceptions to the Hepatitis B vaccine
- Document you have declined the vaccine
- Offer vaccine at a later date
- Offer booster dose of the vaccine if recommended



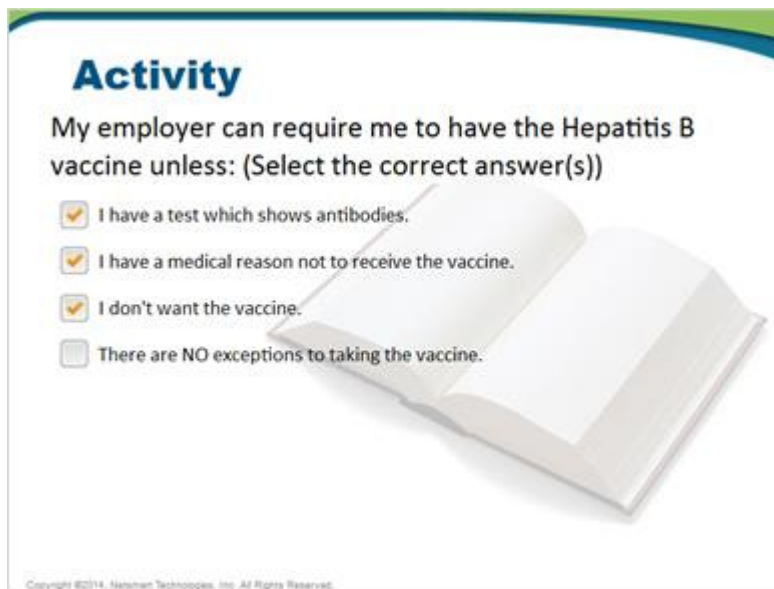
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Notes:

Your employer must

- Document exceptions to the Hepatitis B vaccine requirement if you have already had the vaccine, have had antibody testing and show immunity, or if the vaccine is prevented by a health condition.
- Document you have declined the vaccine and are aware of your rights.
- Offer you the vaccine at a later date if you should change your mind.
- If the U.S. Public Health Service determines in the future that a booster dose of the vaccine is recommended, your employer will also make that booster available to you at no charge.

5.6 Activity



Activity

My employer can require me to have the Hepatitis B vaccine unless: (Select the correct answer(s))

- I have a test which shows antibodies.
- I have a medical reason not to receive the vaccine.
- I don't want the vaccine.
- There are NO exceptions to taking the vaccine.

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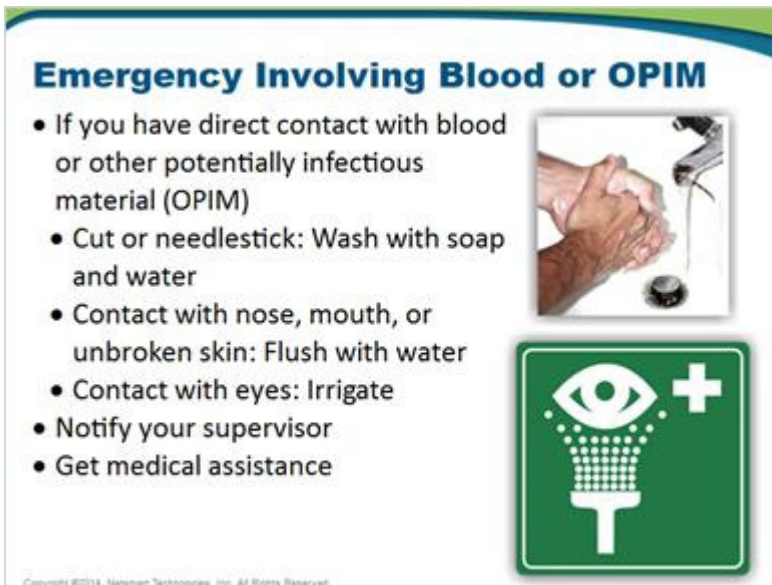
Correct Answer: All responses are correct, except "There are no exceptions to taking the vaccine."

6. Response Actions

6.1 Response Actions





6.2 Emergency Involving Blood or OPIM



Emergency Involving Blood or OPIM

- If you have direct contact with blood or other potentially infectious material (OPIM)
- Cut or needlestick: Wash with soap and water
- Contact with nose, mouth, or unbroken skin: Flush with water
- Contact with eyes: Irrigate
- Notify your supervisor
- Get medical assistance



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Notes:

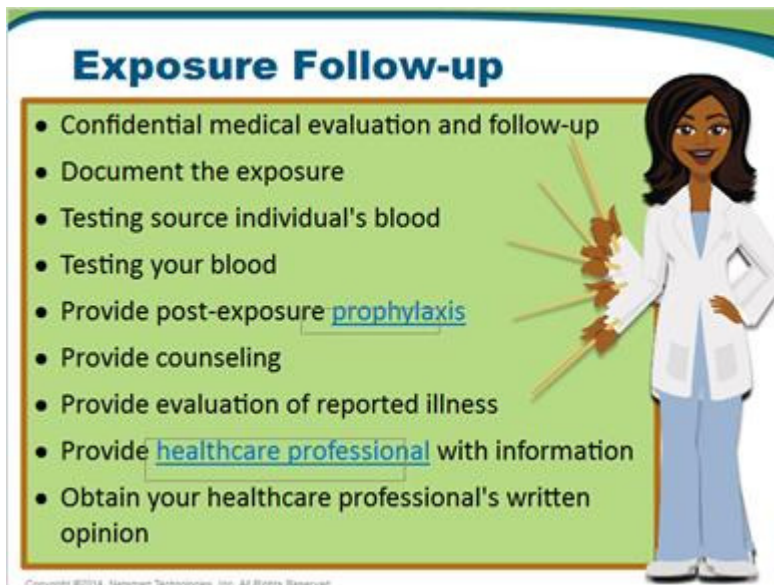
If you have direct contact with blood or other potentially infectious material you should take the following precautions:

- If you are cut, receive a needlestick or have an open sore: Wash with soap and water
- If there is contact with your nose, mouth, or unbroken skin: Flush with water
- If there is contact with your eyes: Irrigate with water, saline, or sterile irrigants

In all circumstances

- Notify your supervisor or department responsible for handling exposures
- Get medical assistance immediately

6.3 Exposure Follow-up



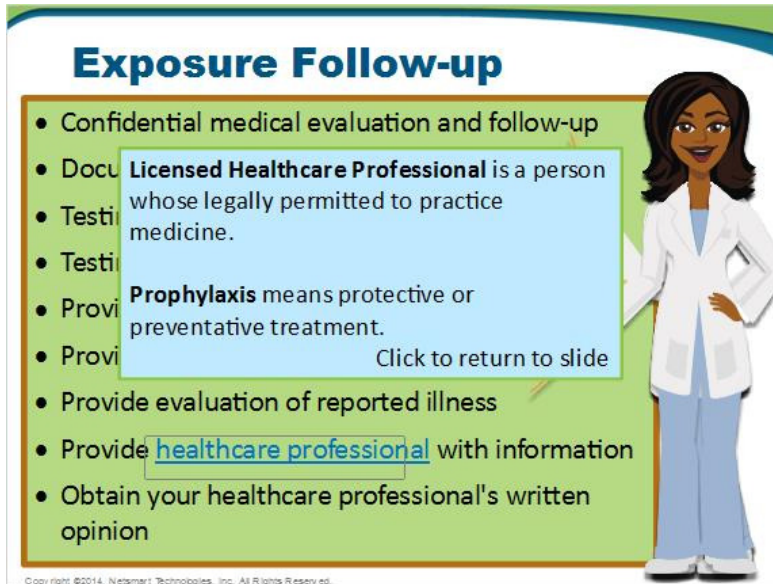
Notes:

The OSHA Standard requires your employer take these actions following your exposure.

- Provide you with a confidential medical evaluation and follow-up
- Document the type and circumstances of an exposure
- Testing of the source individual's blood - if consent is obtained

- Testing of your blood - if consent is obtained
- Provide you with post-exposure prophylaxis
- Provide you with counseling
- Provide you with evaluation of the reported illness
- Provide your healthcare professional with certain information
- Obtain your healthcare professional's written opinion
- The following slides detail your rights these requirements.

Glossary Entries



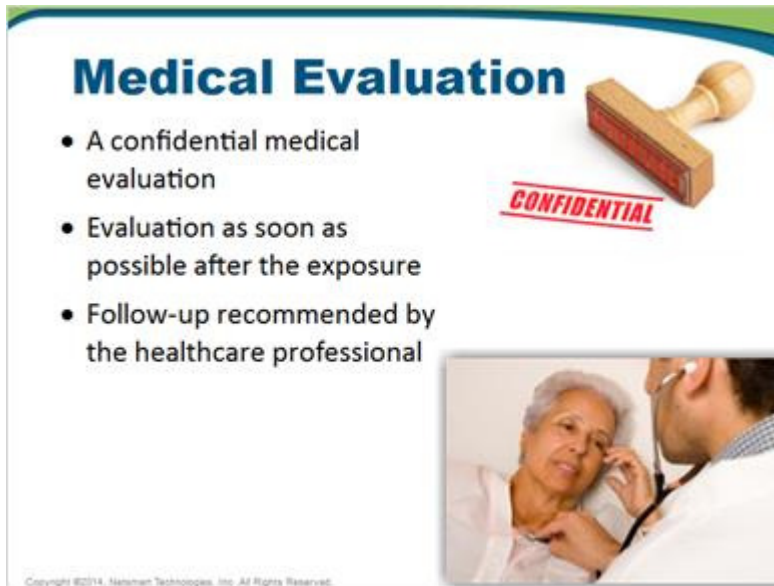
Exposure Follow-up

- Confidential medical evaluation and follow-up
- Document **Licensed Healthcare Professional** is a person whose legally permitted to practice medicine.
- Testify
- Testify
- Provide **Prophylaxis** means protective or preventative treatment.
- Provide [Click to return to slide](#)
- Provide evaluation of reported illness
- Provide [healthcare professional](#) with information
- Obtain your healthcare professional's written opinion

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The slide features a list of bullet points on the left and a cartoon illustration of a female healthcare professional in a white lab coat and blue pants on the right. A light blue callout box highlights the definition of 'Licensed Healthcare Professional' and 'Prophylaxis'. A small link 'Click to return to slide' is also present.


6.4 Medical Evaluation



Medical Evaluation

- A confidential medical evaluation
- Evaluation as soon as possible after the exposure
- Follow-up recommended by the healthcare professional

CONFIDENTIAL



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The slide features a title 'Medical Evaluation' in bold blue text. To the right is a wooden gavel with a red stamp that says 'CONFIDENTIAL'. Below the text is a photograph of a doctor in a white coat examining an elderly woman. At the bottom left, there is a small copyright notice.


Notes:

- Your employer must immediately provide you access to a confidential medical evaluation. The term immediately is not defined in the Standard, as circumstances may affect the time frame.
- You have the right to seek a medical evaluation as soon as possible after exposure.
- You also have the right for any follow-up recommended by the healthcare professional.

6.5 Beyond the Evaluation

Beyond the Evaluation

- To consent to have your blood collected and tested
- For a baseline, but not tested at that time
- Your employer does not have rights to your test results
- Post-exposure prophylaxis
- Counseling
- Evaluation of any reported illnesses



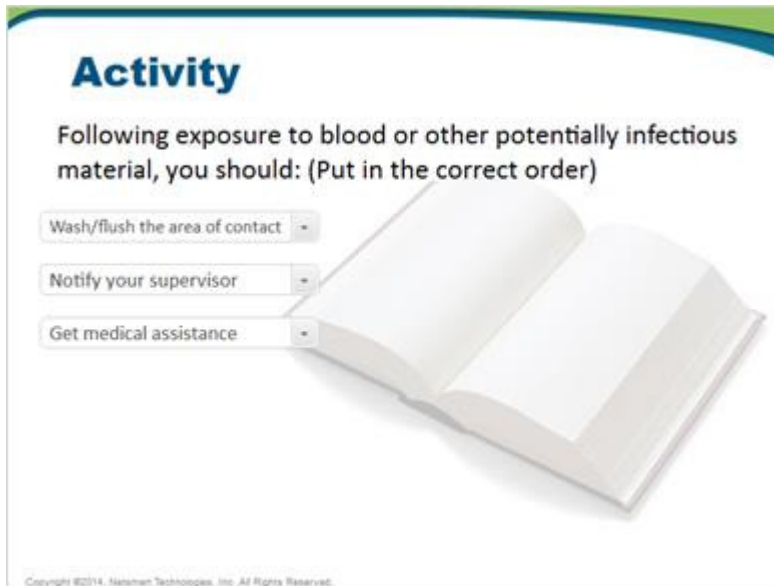
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Notes:

In addition to a medical evaluation:

- You have the right to consent to have your blood collected and tested
- You may consent to have blood collected for a baseline, but not tested at that time
- Your employer does not have rights to your test results
- You have the right to receive post-exposure prophylaxis based on the recommendation of your healthcare provider and following the recommendations of the US Public Health Service
- You have the right to receive counseling
- You have the right to receive evaluation of any reported illnesses

6.6 Activity



Activity

Following exposure to blood or other potentially infectious material, you should: (Put in the correct order)

- Wash/flush the area of contact -
- Notify your supervisor -
- Get medical assistance -

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Correct Answer: The correct order is wash/flush the area of contact, notify your supervisor, then get medical assistance.

7. Signs, Labels, Color Coding

7.1 Signs, Labels, and Color Coding





Signs, Labels, and Color Coding

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7.2 Communication of Biohazards

Communication of Biohazards

- Labels required on all biohazard material
- Universal biohazard symbol
- Must be followed by “BIOHAZARD”
- Symbol and word in a contrasting color to background
- Predominately red-orange or fluorescent orange
- Containers or bags may be red instead using symbol



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Notes:


- Labels are required on all biohazard material.
- This is the universal biohazard symbol and it must be followed by the word “BIOHAZARD”.
- The symbol and word must be in a contrasting color to the background color.
- The labels and signs must be predominately red-orange or fluorescent orange.
- Containers or bags which are red may be used instead of the biohazard symbol.

7.3 Activity

Activity

You can identify a biohazard by the color:

- Red
- Fluorescent orange
- Red-orange
- All of the above



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Correct Answer: All of the above

8. Summary

8.2 Summary

Summary

- Recognize common bloodborne pathogens, their symptoms, and modes of transmission
- Identify the regulatory text and the organization plan
- Recognize tasks which may put you at risk and use of engineering controls, work practices, and personal protective equipment to reduce your risk
- Understand the hepatitis B vaccine
- Demonstrate the actions you should take and persons to contact in an emergency involving blood or other potentially infectious materials
- Recognize signs, labels and color coding associated with biohazards

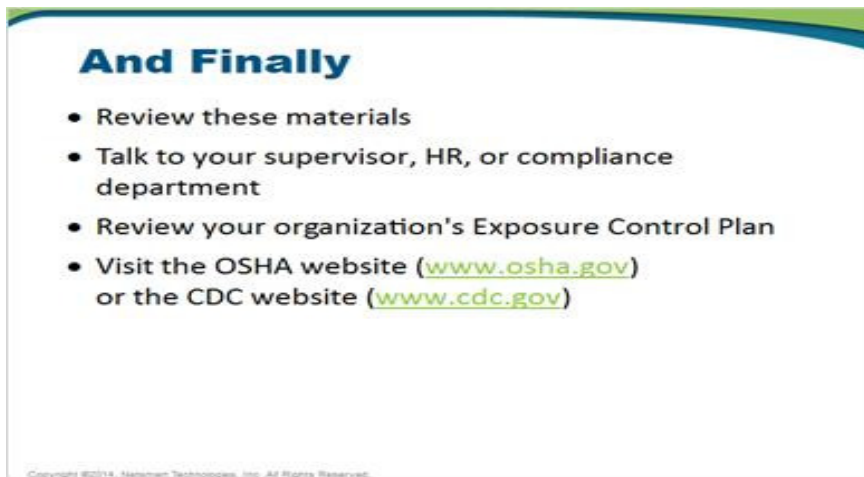


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OSHA Standard 1910.1030 defines the requirements to keep you and your clients safe from exposure to bloodborne pathogens. You should now be able to:

- Recognize common bloodborne pathogens, their symptoms, and modes of transmission
- Identify the regulatory text and the organization plan
- Recognize tasks which may put you at risk and use of engineering controls, work practices and personal protective equipment to reduce your risk
- Understand the hepatitis B vaccine
- Demonstrate the actions you should take and persons to contact in an emergency involving blood or other potentially infectious materials
- Recognize signs, labels and color coding associated with biohazards

8.3 And Finally



And Finally

- Review these materials
- Talk to your supervisor, HR, or compliance department
- Review your organization's Exposure Control Plan
- Visit the OSHA website (www.osha.gov) or the CDC website (www.cdc.gov)

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Notes:

If you do not feel you have an understanding of these course objectives, please review any section or sections of the material prior to exiting this slide.

If you need additional information please:

- Talk to your supervisor, human resource department or organization compliance department
- Review your organization's Exposure Control Plan.
- Visit the OSHA (www.osha.gov) or Centers for Disease Control and Prevention

(www.cdc.gov) web sites