



















**Rules to follow:**

- Always wear personal protective equipment in exposure situations.
- Remove PPE that is torn or punctured, or has lost its ability to function as a barrier to bloodborne pathogens.
- Replace PPE that is torn or punctured.
- Remove PPE before leaving the work area.

If you work in an area with routine exposure to blood or potentially infectious materials, the necessary PPE should be readily accessible. Contaminated gloves, clothing, PPE, or other materials should be placed in appropriately labeled bags or containers until it is disposed of, decontaminated, or laundered. It is important to find out where these bags or containers are located in your area before beginning your work.

**Gloves-** Should be made of latex, nitril, rubber, or other water impervious materials. If glove material is thin or flimsy, double gloving can provide an additional layer of protection. Also, if you know you have cuts or sores on your hands, you should cover these with a bandage or similar protection as an additional precaution before donning your gloves. You should always inspect your gloves for tears or punctures before putting them on. **If a glove is damaged, don't use it!** When taking contaminated gloves off, do so carefully. Make sure you don't touch the outside of the gloves with any bare skin, and be sure to dispose of them in a proper container so that no one else will come in contact with them, either.

**Goggles-** Anytime there is a risk of splashing or vaporization of contaminated fluids, goggles and/or other eye protection should be used to protect your eyes. Again, bloodborne pathogens can be transmitted through the thin membranes of the eyes so it is important to protect them. Splashing could occur while cleaning up a spill, during laboratory procedures, or while providing first aid or medical assistance.

**Face Shields-**Face shields may be worn in addition to goggles to provide additional face protection. A face shield will protect against splashes to the nose and mouth.

**Aprons-**Aprons may be worn to protect your clothing and to keep blood or other contaminated fluids from soaking through to your skin. Normal clothing that becomes contaminated with blood should be removed as soon as possible because fluids can seep through the cloth to come into contact with skin. Contaminated laundry should be handled as little as possible, and it should be placed in an appropriately labeled bag or container until it is decontaminated, disposed of, or laundered.

Notes





## Bloodborne Pathogens- Assessment

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

1) Check all that apply

A Bloodborne pathogen:

- \_\_\_\_\_ is a major component of saliva, perspiration, and tears
- \_\_\_\_\_ are microorganisms carried by human blood (and other body fluids) and cannot be seen with the naked eye.
- \_\_\_\_\_ can be spread through contact with infected blood.
- \_\_\_\_\_ if they get into the bloodstream, an individual may become infected and sick.

2) “\_\_\_\_\_” is the name used to describe a prevention strategy in which all blood and potentially infectious materials are treated as if they are, in fact, infectious, regardless of the perceived status of the source individual. In other words, whether or not you think the blood/body fluid is infected with bloodborne pathogens, *you treat it as if it is*.

3) Check all that apply

Bloodborne pathogens can cause infection by entering the body through:

- \_\_\_\_\_ open cuts and nicks
- \_\_\_\_\_ absorption through healthy unbroken skin
- \_\_\_\_\_ skin abrasions
- \_\_\_\_\_ casual skin contact with an infected person
- \_\_\_\_\_ dermatitis
- \_\_\_\_\_ acne
- \_\_\_\_\_ mucous membranes of the mouth, eyes or nose

4) HIV Aids- What is it and how is it transmitted

HIV, the human immuno-deficiency \_\_\_\_\_, attacks the body's immune system causing it to weaken and become vulnerable to infections that can lead to a diagnosis of \_\_\_\_\_ or AIDS.

HIV is transmitted mainly through \_\_\_\_\_ contact and sharing contaminated \_\_\_\_\_, but also may be spread by contact with infected blood and body \_\_\_\_\_.

5) Hepatitis B- What is it and how is it transmitted

Hepatitis is a general term used to describe inflammation (swelling) of the \_\_\_\_\_  
Alcohol, certain chemicals or drugs, and \_\_\_\_\_ such as hepatitis A, B, C, D,  
E and G may cause hepatitis.

Hepatitis B is a serious, sometimes fatal disease, caused by a \_\_\_\_\_ that  
infects and attacks the liver. Hepatitis B is transmitted through direct contact with infected  
blood, semen, or vaginal fluid. It is primarily spread through \_\_\_\_\_  
\_\_\_\_\_

6) Hepatitis C- What is it and how is it transmitted

Hepatitis C is a serious, often fatal disease, caused by a \_\_\_\_\_ that infects  
and attacks the \_\_\_\_\_. HCV is more common than hepatitis B and ranks  
slightly below alcoholism as a cause of liver disease.

HCV is primarily transmitted through blood-to-blood contact -- most commonly through  
\_\_\_\_\_. The risk of transmitting HCV through sexual  
contact appears to be low, but precautions should be taken anyway. HCV cannot be  
transmitted by casual contact such as shaking hands or sharing bathroom facilities.

7) Check all that apply

How Should Blood and Body Fluid Spills be Handled?

- \_\_\_\_\_ Wear disposable, waterproof gloves
- \_\_\_\_\_ Hands should always be washed after gloves are removed.
- \_\_\_\_\_ If gloves are not available, the employee shall wash their hands and other  
affected skin for at least 10 seconds with soap and water after the direct contact  
has ended
- \_\_\_\_\_ An EPA approved germicide or a solution of 99 parts water to 1 part  
household bleach (or ¼ cup bleach to one gallon of water) can be used to clean  
surfaces

8) When cleaning up a spill of blood, carefully cover the spill with paper towels or rags,  
then gently pour a 10% solution of bleach over the towels or rags, and leave it for *at least*  
\_\_\_\_\_ minutes.

Decontaminating equipment or other objects (scalpels, microscope slides, broken glass,  
saw blades, tweezers, mechanical equipment upon which someone has been cut, first aid  
boxes, or whatever) leave the disinfectant in place for *at least* \_\_\_\_\_ *minutes* before  
continuing the cleaning process.

9) Check all that apply

Rules to follow regarding PPE (Personal Protective Equipment- gloves, aprons, face shields, etc):

- Always wear personal protective equipment in exposure situations.
- Remove PPE that is torn or punctured, or has lost its ability to function as a barrier to bloodborne pathogens.
- Replace PPE that is torn or punctured.
- Repair all damaged PPE with a good adhesive tape
- Remove PPE before leaving the work area.

10) Check all that apply

What to do in the event an exposure occurs-

- Wash the exposed area thoroughly with soap and running water. Use non-abrasive, antibacterial soap if possible.
- If blood is splashed in the eye or mucous membrane, flush the affected area with running water for at least 15 minutes.
- Report the exposure to your supervisor as soon as possible.
- Panic and run out of the building to your physician
- You may also go to your personal physician to request blood testing or the Hepatitis B vaccination if you have not already received it.

## Key- Bloodborne Pathogens- Assessment

1) Check all that apply

A Bloodborne pathogen:

- \_\_\_\_\_ is a major component of saliva, perspiration, and tears
- \_\_\_\_\_ **are microorganisms carried by human blood (and other body fluids) and cannot be seen with the naked eye.**
- \_\_\_\_\_ **can be spread through contact with infected blood.**
- \_\_\_\_\_ **if they get into the bloodstream, an individual may become infected and sick.**

2) “ **Universal Precautions**” is the name used to describe a prevention strategy in which all blood and potentially infectious materials are treated as if they are, in fact, infectious, regardless of the perceived status of the source individual. In other words, whether or not you think the blood/body fluid is infected with bloodborne pathogens, *you treat it as if it is.*

3) Check all that apply

Bloodborne pathogens can cause infection by entering the body through:

- \_\_\_\_\_ **open cuts and nicks**
- \_\_\_\_\_ absorption through healthy unbroken skin
- \_\_\_\_\_ **skin abrasions**
- \_\_\_\_\_ casual skin contact with an infected person
- \_\_\_\_\_ **dermatitis**
- \_\_\_\_\_ **acne**
- \_\_\_\_\_ **mucous membranes of the mouth, eyes or nose**

4). HIV Aids- What is it and how is it transmitted

HIV, the human immuno-deficiency **virus**, attacks the body's immune system causing it to weaken and become vulnerable to infections that can lead to a diagnosis of **acquired immune deficiency syndrome** or AIDS.

HIV is transmitted mainly through **sexual** contact and sharing contaminated **needles**, but also may be spread by contact with infected blood and body **fluids**.

5). Hepatitis B- What is it and how is it transmitted

Hepatitis is a general term used to describe inflammation (swelling) of the **liver**. Alcohol, certain chemicals or drugs, and **viruses** such as hepatitis A, B, C, D, E and G may cause hepatitis.

Hepatitis B is a serious, sometimes fatal disease, caused by a **virus** that infects and attacks the liver. Hepatitis B is transmitted through direct contact with infected blood, semen, or vaginal fluid. It is primarily spread through **sexual contact**.

6) Hepatitis C- What is it and how is it transmitted

Hepatitis C is a serious, often fatal disease, caused by a **virus** that infects and attacks the **liver**. HCV is more common than hepatitis B and ranks slightly below alcoholism as a cause of liver disease.

HCV is primarily transmitted through blood-to-blood contact -- most commonly through **shared needles**. The risk of transmitting HCV through sexual contact appears to be low, but precautions should be taken anyway. HCV cannot be transmitted by casual contact such as shaking hands or sharing bathroom facilities.

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How Should Blood and Body Fluid Spills be Handled?

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- **An EPA approved germicide or a solution of 99 parts water to 1 part household bleach (or ¼ cup bleach to one gallon of water) can be used to clean surfaces**

8) When cleaning up a spill of blood, carefully cover the spill with paper towels or rags, then gently pour a 10% solution of bleach over the towels or rags, and leave it for *at least* **10** minutes.

Decontaminating equipment or other objects (scalpels, microscope slides, broken glass, saw blades, tweezers, mechanical equipment upon which someone has been cut, first aid boxes, or whatever) leave the disinfectant in place for *at least* **10** minutes before continuing the cleaning process.



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  - **Report the exposure to your supervisor as soon as possible.**
  - **Panic and run out of the building to your physician**
  - **You may also go to your personal physician to request blood testing or the Hepatitis B vaccination if you have not already received it.**