

BLOODBORNE PATHOGENS



OSHA Standard
Catholic Diocese of Richmond
Exposure Control Plan

OSHA Standard for Bloodborne Pathogens

(Workplace Compliance) 29 CFR 1910.1030

- Applies to employees required by employer to administer first aid in instances where **occupational exposure** may occur
- **Occupational Exposure**: reasonably anticipated skin, eye, mucous membrane, or parenteral (injection through the skin) contact with blood or other potentially infectious materials that may result from the performance of all employee's duties

What Are Bloodborne Pathogens?

- Microorganisms carried in the bloodstream, that may cause disease
- Some specific bloodborne pathogens that pose the greatest threat to you are:
 - Hepatitis C virus (HCV)
 - Hepatitis B virus (HBV)
 - Human Immunodeficiency Virus (HIV)



Hepatitis C (HCV)

- Symptoms usually begin 6-7 weeks after infection (may range 2-24 weeks)
 - Infects up to 150,000 people each year
 - No preventative medicine or treatment
 - Most common chronic bloodborne infection in United States

HCV Symptoms Include



- Jaundice
- Fatigue
- Dark Urine
- Abdominal Pain
- Loss of Appetite, Nausea
- Other Flu-Like Symptoms

HCV Infection May Result In

- Chronic Carrier State
- Liver Cancer, Cirrhosis, Liver Transplants, and Death
- 80% of Infected Persons Have No Signs or Symptoms

Hepatitis B (HBV)

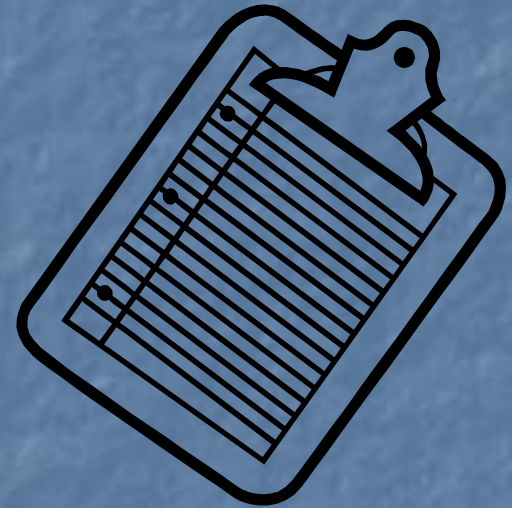
- Approximately 200,000 people are infected annually
- HBV can still pose a **threat 7 days** after drying on surfaces, bandages, clothing, etc.
- Some people are chronic carriers without symptoms

HBV Transmission

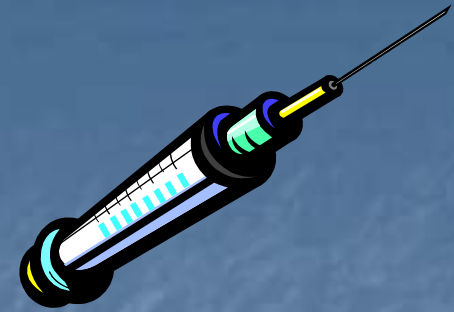
- Occurs when blood or body fluids from an infected person enter the body of a person who is not immune
- HBV is spread through sexual contact with an infected person, “sharps” or needle sticks, or exposures through an open wound or mucous membranes

HBV Symptoms

- Signs and symptoms are less common in children than adults and may include:
 - Jaundice
 - Fatigue
 - Loss of Appetite
 - Abdominal Pain, Nausea and Vomiting
 - Clay-Colored Stool/Dark Urine
 - Joint Pain, Other Flu-Like Symptoms



HBV Vaccine Facts



- Strongly endorsed by the medical, scientific and public health communities as a safe and effective way to prevent disease and death
- Have been shown to be very safe given to infants, children and adults
 - **Always given in 3 doses over a 6-month period**
 - **Check with your personal physician before making your decision**
 - **Vaccines are now required of children.**
 - **At risk employees may decline Vaccine.(document)**

Human Immunodeficiency Virus (HIV) Acquired Immunodeficiency Syndrome (AIDS)

■ HIV –

- Virus that kills your body's "CD4 cells"
- CD4 cells (also called T-helper cells) help your body fight off infection and disease



■ AIDS

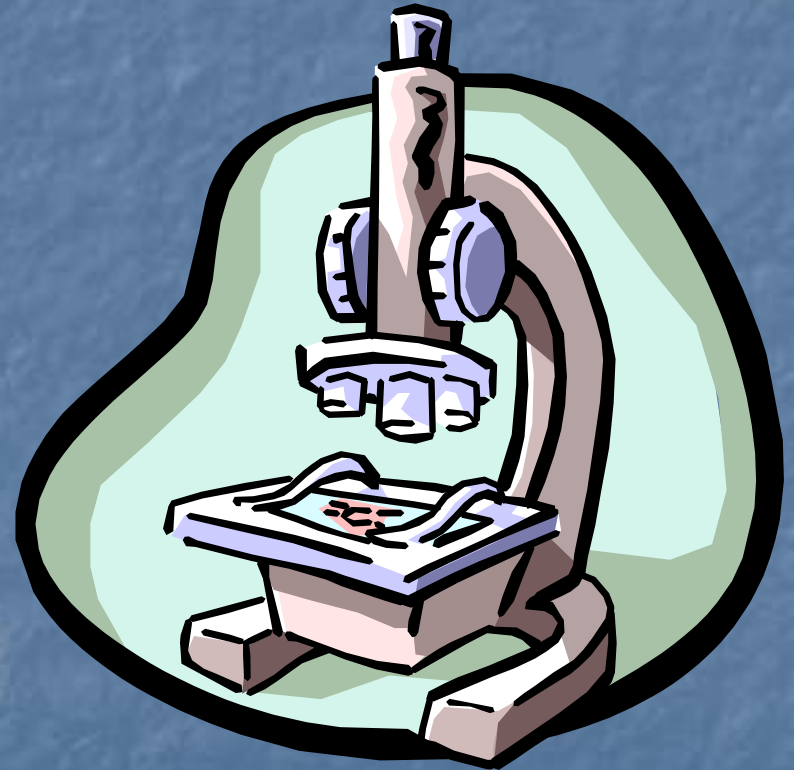
- Disease you get when HIV destroys your body's immune system
- Normally, your immune system helps fight off illness
- When your immune system fails, you can become very sick and can die

HIV

- May have a long dormancy period
- Infected person may be unaware they are infected
- Cannot live long outside the body
- New drugs show promise but best defense is to avoid / prevent infection

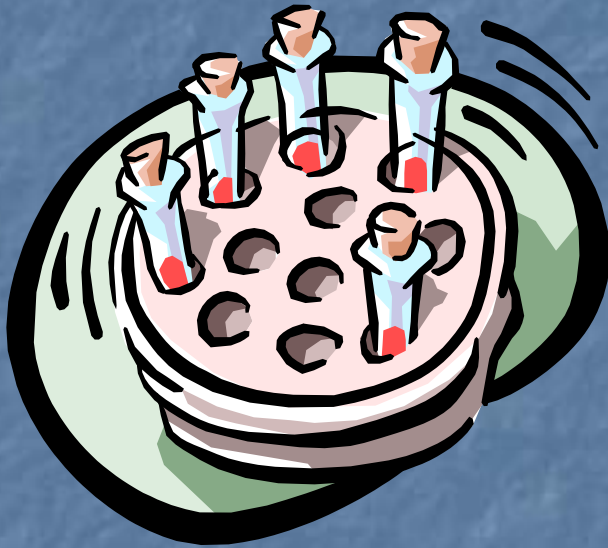
What do I need to know about HIV?

- **Anyone can get HIV - You can get HIV**
 - By NOT following universal precautions
 - By having unprotected sex
 - By sharing a needle or accidental sharps exposure from someone who has HIV



What else do I need to know about HIV?

- **You CANNOT get HIV**



- From clothes, drinking fountains, phones, toilet seats, or through everyday things like sharing a meal
- From insect bites or stings
- From donating blood
- From a closed-mouth kiss

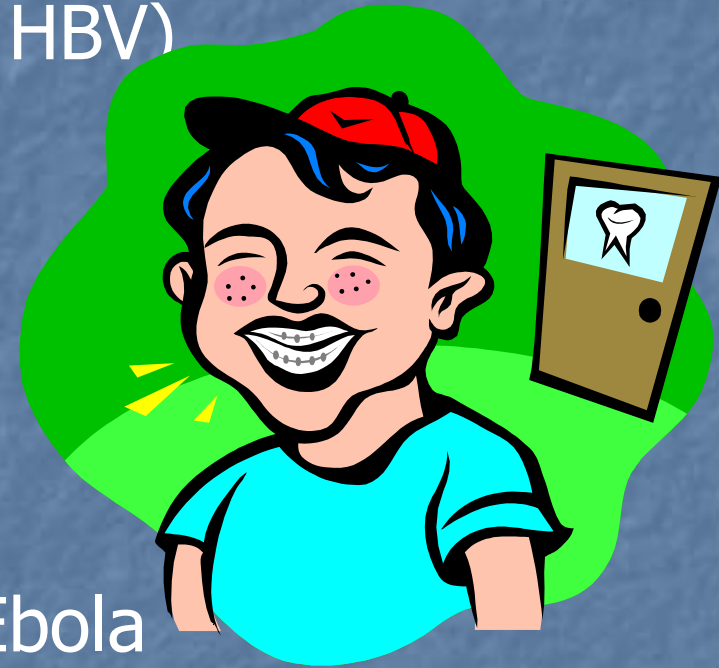
HIV Symptoms Include

- Sore Throat & Headache
- General Malaise & Fatigue
- Enlarged Lymph Nodes
- Night Sweats
- Joint Aches
- Diarrhea
- Severe Weight Loss



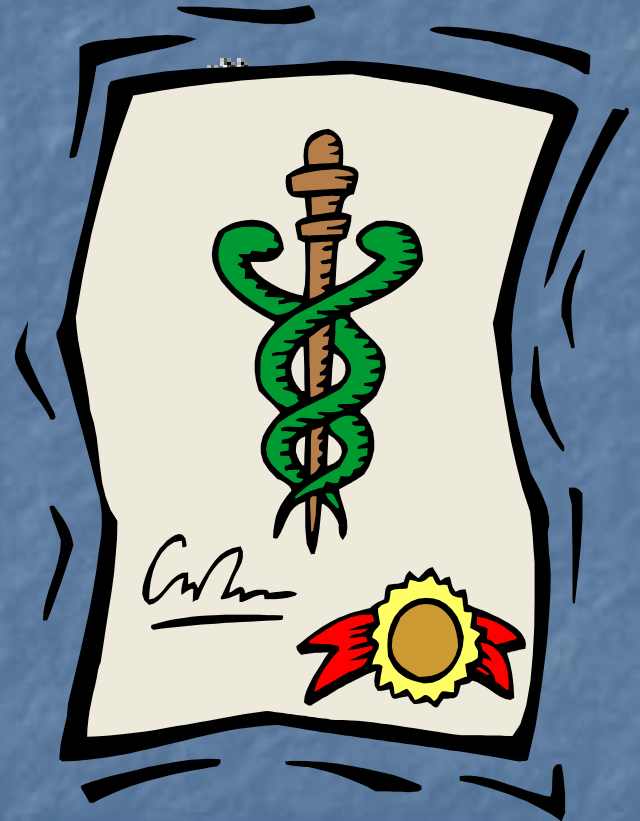
Less Common Bloodborne Diseases:

- Hepatitis D (coexists with HBV)
- Malaria
- Syphilis
- Viral Hemorrhagic Fever Ebola
- Hepatitis A



Hepatitis A

- Found in the stool (feces) of persons with HAV
- Usually spread by putting something in the mouth (even though it may look clean) that has been contaminated with the stool of a person with HAV



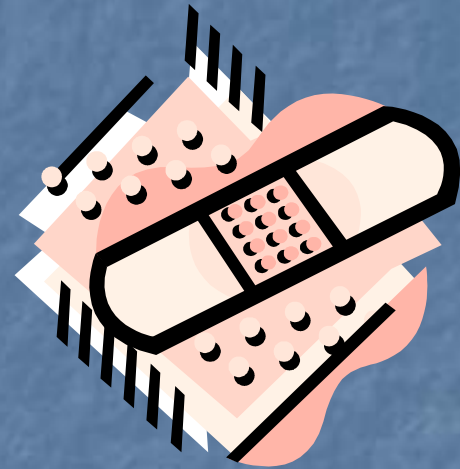
Hepatitis A Symptoms

- Adults have signs and symptoms more often than children
 - Jaundice
 - Fatigue
 - Abdominal Pain
 - Loss of Appetite
 - Nausea
 - Diarrhea
 - Fever



Student Exposure

- Equipment **shared** or exchanged between students that could possibly exchange body fluids or contaminants **must** be cleaned with bleach solution between student use.
- Examples:
 - Headphones
 - Sport's equipment and sport's mask
 - Pre-Kindergarten Chairs
 - Band Equipment
 - Science lab equipment
 - Lab counters should be cleaned after each lab



Assess Your Exposure Risk

- Work place risks:
 - First responder administering first aid
 - Contact with blood or body fluids at work
 - Clean up - particularly broken glass or “sharps”
 - Refer to Diocesan Plan for more specifics.
(please know what this plan looks like & where it is in school!)



Prevention

- **Always** place a barrier between you and any moist or wet substance originating from another person – latex gloves.
- The most important strategy for reducing the risk of occupational bloodborne pathogen transmission is to **prevent** occupational exposures



Precautions



- Follow infection control precautions at all times
 - *Universal Precautions* and
 - *Body Substance Isolation*
- Assume all blood and other body fluids are potentially infectious
- Be prepared for ***FIELD TRIPS***

BE PREPARED!

Precaution Measures

DESIGNATE FIRST RESPONDERS

IN EVERY SCHOOL!

The **routine** use of **gloves** and/or goggles when anticipating contact with blood or body fluids

Keeping **P**ersonal **P**rotective **E**quipment (PPE) in a **conspicuous** location for *quick* access!

PPE-

Gloves

Gown

Mask, Face Shield

Eye Protection

CPR Mask (if trained)

Waterless Hand Cleaner

Bleach Solution



Locations-

All school areas

School Vehicles

School related

activities in or

out of school

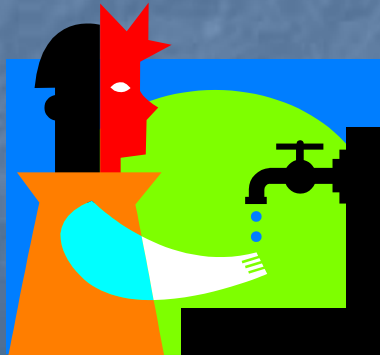
Handwashing

- Your skin is your hands' first defense against infection from pathogenic organisms
- While intact, it's impermeable to the likes of human immunodeficiency virus (HIV) and hepatitis
- Care and hygiene are crucial
- Keeping your hands clean is the single most important measure you can take
- Any break or crack in the skin can allow infection.



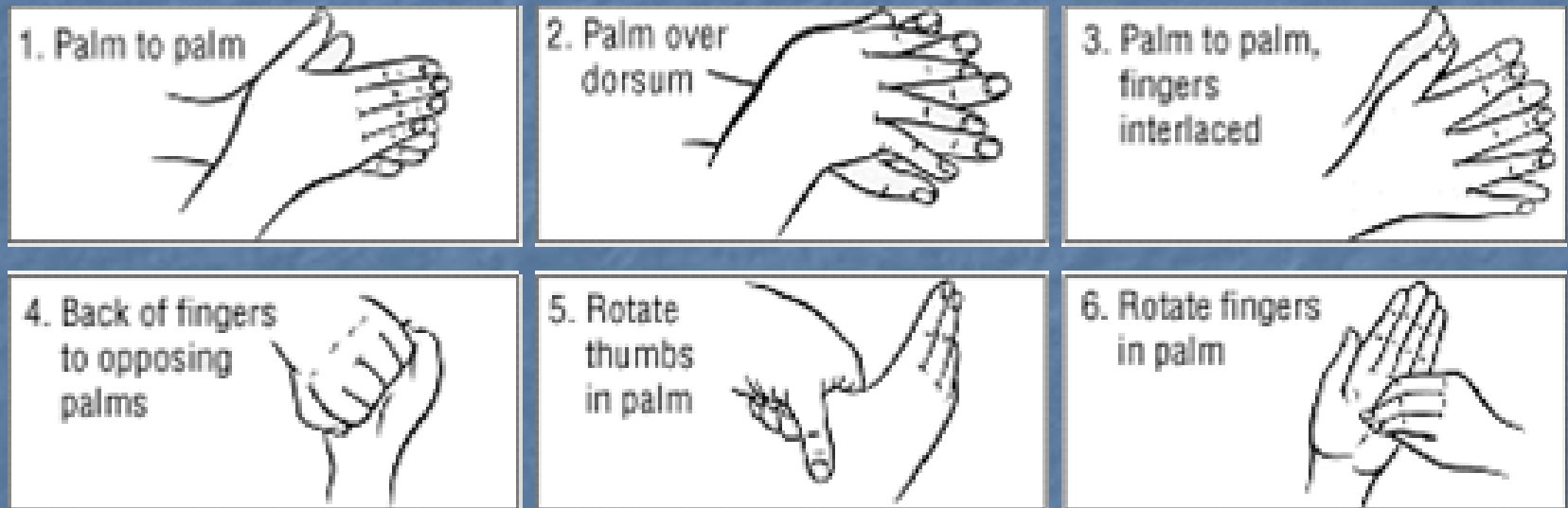
Prepare to Wash

1. Have paper towels rolled down – **ready**
2. Turn on warm water – **set**
3. Apply antibacterial soap – **go!**



Handwashing Technique

The following is recommended as an effective washing technique with soap and running water



Handwashing is so routine and basic
that it's often taken for granted

WASH HANDS FOR 15 SECONDS MINIMUM!

Handwashing – The Last Detail (But VERY Important)

- DO NOT REACH BACK TO FAUCET HANDLE
- Use the “ready” paper towel to turn off the faucet
 - If you use your bare **CLEAN** hands to touch the **DIRTY** faucet, you will contaminate yourself and need to start over



Gloves

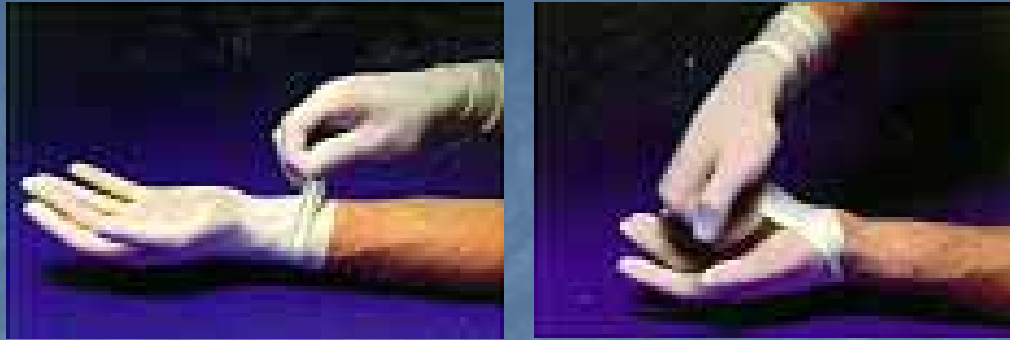
- The law requires that your gloves be with you at all times during the school day
- Keep them in a “puncture proof” container, in a readily accessible place such as:
 - In your pocket
 - On your keychain
 - On your belt

Glove Removal

- **"Dirty to Dirty - Clean to Clean"**
- Contaminated surfaces only touch other contaminated surfaces: your bare hand, which is clean, touches only clean areas inside the other glove



Glove Removal Technique



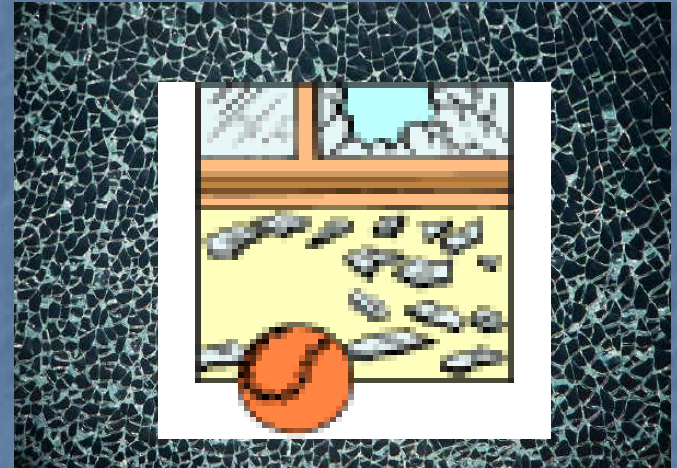
Take hold of the first glove at the wrist

Fold it over and peel it back, turning it inside out as it goes

Once the glove is pulled, hold it with your gloved hand, take glove partially down, then use gloved fingers to pull other glove down, wiggle gloves off always touching “dirty to dirty”. Do not reuse gloves!

Broken Glass

- Broken glass must be placed in a sharp's container
AND
- Disposed of as **biohazard** material



**Dispose of Sharps Containers
when 3/4 filled;
have an extra sharps
container to replace other!**

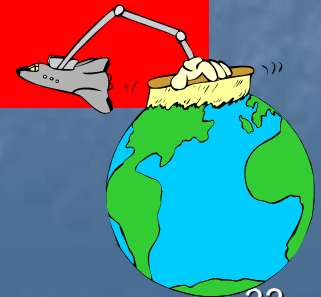
Stay Put !!

- The incident must be handled where it happens
 - An actively bleeding or vomiting student cannot be moved through the hall to the clinic or office
 - Students must be removed from the area.
 - The contaminated person must exit through the closest door when leaving building.
- The area must be closed off until cleanup has been assured – clean with bleach solution.



Clean Up

- Using Universal Precautions, all materials must be bagged and disposed of by a biohazard company
- Contaminated areas must be cleaned with the bleach solution (10:1) or approved solution
- ALL CLEANERS MUST BE OSHA APPROVED





Equipment Clean Up



- Using universal precautions - all equipment used in the clean up must be sanitized with bleach solution OR AN APPROVED OSHA PRODUCT.

Items that cannot be sanitized must be treated as **biohazards AND DISPOSED OF BY BIOHAZARD COMPANY!**

Contaminated Clothing

- Contaminated clothing must be placed in a bag and labeled as a **biohazard**
 - This bag can only be given to an adult
 - It may be given to the adult carpool driver who will then give it directly to the parent
 - It is a violation of the law to hand the bag to a 'minor'
- If **your** clothing is contaminated, **you** must change your clothes before continuing
 - Cleaning should be in the hottest water possible with bleach or a bleach solution
 - If the clothes are given to a professional cleaner, they must be notified of the **biohazard**

Exposure Incident

- **STOP** whatever you are doing immediately and **WASH** the exposed area with **SOAP** and **RUNNING WATER**
- **RINSE** any exposed mucous membranes (eyes, nose, mouth) with copious amounts of water
- **SAVE** any contaminate possible for later testing if needed

After the Incident

- **Report the incident to the Principal immediately**
- **Fill out an incident report form**

Seek medical treatment and counsel, if appropriate. School is responsible for all medical treatment.



Fines

- OSHA **fines** are assessed per incident
- Each violation carries its own **fine**
 - If you do not have your gloves with you = \$
 - If you do not have the bleach solution within reach to clean your hands = \$
 - If you move the student through the hall = \$
- Each offense is an incident and carries its own **fine** = \$\$\$

Be Smart!

- Think before you act
- Assume **contamination**
- Review procedures frequently
- Know where PPE is kept
- Keep gloves available at all times
- Recognize the color **red** or the **biohazard** symbol as a **warning**

**MAINTAIN ALL FORMS-
DOCUMENT-DOCUMENT-DOCUMENT!**

Further Information

Call

Call OCS for Diocesan Plan clarifications!
FORMS ARE LOCATED IN EXPOSURE PLAN!

www.cdc.gov
www.osha.gov
www.washup.org

These websites provide information on prevention and transmission of pathogens, diseases, and how to protect yourself



Diocese of Richmond Exposure Plan

is kept in the Principal's Office & in designated areas of school.

To view the plan or if you need a copy,
please contact the Principal or Office of Catholic Schools.

PLEASE BE CAREFUL AND BE ATTENTIVE TO NEEDS!

GRATITUDE

- The Office of Catholic School is very grateful to Betty Ann Shutt for updating the information in this program.

The Office of Catholic Schools is also grateful to Peninsula Catholic and all the schools for providing the impetus for this program!

- ---REVISED FOR USAGE IN ALL SCHOOLS IN CATHOLIC DIOCESE OF RICHMOND---2003.