**PROGRAM SYMPHONY:**
Many workers make the mistake of thinking that only healthcare providers are at risk from exposure to bloodborne pathogens, but almost all employees in the workforce can be exposed, often when they least expect it. To protect themselves from these microorganisms, employees must receive training and learn specific precautions, which is the purpose of this new program. Viewers will learn the hazards associated with bloodborne pathogens and how to protect themselves from exposure to these hazards by following universal precautions in each and every potential exposure situation.

Topics include diseases caused by bloodborne pathogens, the exposure control plan, routes of entry, universal precautions, handling & disposal of contaminated items, responding to exposure situations, decontaminating work areas and equipment.

**SHOOTING LOCATION:** A variety of industrial settings

**PROGRAM OBJECTIVES:** After watching the program, the participant will be able to explain the following:
- What an Exposure Control Plan is and how it works;
- How bloodborne pathogens enter the body;
- How universal precautions, PPE and barrier devices work to protect employees from exposure;
- How to handle and dispose of sharps and other potentially contaminated items;
- How to respond to exposure situations.

**INSTRUCTIONAL CONTENT:**

**DISEASES CAUSED BY BLOODBORNE PATHOGENS**
- Bloodborne pathogens can cause serious diseases, some of which are fatal and have no known cure. These diseases can be contracted by exposure to body fluids, including blood, semen, vaginal secretions, spinal fluid, amniotic fluid and other body fluids or tissue.
- Some of the diseases caused by bloodborne pathogens include the various types of hepatitis such as type B, C and D. Also, HIV, the virus that causes AIDS can be transmitted by contact with bloodborne pathogens. Both hepatitis and HIV can be fatal.

**THE EXPOSURE CONTROL PLAN**
- Due to the risks associated with Bloodborne pathogens, the Occupational Safety and Health Administration, OSHA, developed standard 1910.1030, titled Bloodborne Pathogens.
- As part of this regulation, your company maintains an Exposure Control Plan that outlines employee training and procedures used to control exposure to bloodborne pathogens.
- The Exposure Control Plan includes descriptions of engineering and work practice controls, employee training, medical and vaccination information and a listing of signs and labels used to identify biological hazards.

**ROUTES OF ENTRY**
- To protect ourselves from exposure to bloodborne pathogens we need to understand their various routes of entry. Routes of entry are the means by which bloodborne pathogens may enter our bodies.
- Ingestion can occur when infected material is eaten or swallowed.
- Inhalation can occur when small particles of blood or other body fluids become airborne in the form of a mist or dust. Once airborne, they can be inhaled into the lungs.
- Besides sexual contact, the most likely route of entry for contaminated bodily fluids to enter our body is through absorption. Absorption occurs when infectious material is absorbed into the body through contact with open sores or cuts in the skin or contact with mucus membranes.
- In addition to ingestion, inhalation and absorption, bloodborne pathogens may also enter our bodies if we are stuck by a contaminated needle or cut by a contaminated sharp object. The proper handling and storage of contaminated sharp objects is a key part of the Exposure Control Plan.

**OCCUPATIONAL EXPOSURE**
- Employees who perform tasks where they may reasonably be expected to contact or handle blood or other body fluids are considered to have "occupational exposure" to bloodborne pathogens.
- The company has determined which job tasks present an occupational exposure to bloodborne pathogens and maintains a list of these jobs in the company's Exposure Control Plan.
- Workers who have been designated as having occupational exposure to bloodborne pathogens will receive specific instructions and training to avoid contact with bloodborne pathogens.
- In addition, workers determined to have occupational exposure to bloodborne pathogens are eligible to receive the hepatitis B vaccine at no cost to the employee.

**UNIVERSAL PRECAUTIONS**
- It is important to understand that you can't easily tell if blood or other body fluids are contaminated with bloodborne pathogens. The only way to protect yourself from exposure is to treat all blood, body fluids, and any potentially contaminated objects as if they are infected.
• This critical safe work practice is referred to as “universal precautions.” All employees must understand the concept of universal precautions because there are situations where employees, who are not normally at risk from bloodborne pathogens, may come in contact with blood or other bodily fluids.

PPE AND BARRIER DEVICES
• One method to avoid exposure to bloodborne pathogens is to maintain a barrier between you and any contaminated items or body fluids.
• Maintaining a barrier prevents potentially contaminated materials from contacting exposed skin or mucus membranes. The various types of protective equipment available for this purpose are commonly referred to as barrier devices.
• Gloves made of impervious material will protect hands from exposure.
• Some glove manufacturers recommend double-gloving when using latex gloves for added protection against a glove tear or puncture.
• In situations where fluids may splash into the facial area, a face shield and safety goggles should be worn.
• When handling items that may tear or puncture latex gloves, heavier rubber gloves should be used.
• There are many types of barrier devices and those employees with occupational exposure will be instructed on how to use the barrier devices applicable to their job function.

HANDLING AND DISPOSAL OF SHARPS AND OTHER ITEMS
• Following universal precautions also means avoiding direct contact altogether when possible. This is especially true when it comes to sharp objects which may be contaminated with bloodborne pathogens.
• Never handle broken glass, needles, or other sharp objects with your hands.
• Use tongs, a broom and dustpan or similar items to avoid the possibility of being cut or punctured by contaminated materials.
• When disposing of contaminated sharp objects such as glass or needles, they must be placed in an approved biohazard sharps container. Failing to properly dispose of sharps puts others at risk of exposure.

RESPONDING TO EXPOSURE SITUATIONS
• For employees without occupational exposure, encountering an injured coworker may be the most likely scenario for exposure to bloodborne pathogens.
• When a coworker is injured, the best course of action is to activate the company's emergency system plan for reporting injuries.
• If you encounter a situation that is life threatening and you decide not to wait for emergency responders, be sure to follow universal precautions while assisting the victim.

WHAT TO DO AFTER AN EXPOSURE OCCURS
• When work areas or equipment have been contaminated by blood or other body fluids, they must be thoroughly cleaned and decontaminated before being put back into service.
• It is important to note that cleaning a work area with soap and water is not enough. It must be decontaminated with a mixture that will kill any infectious materials that may be present.
• In the event you come in contact with blood or other body fluids following the proper procedures may reduce your chances of contracting a disease.
• If the contact occurs on the skin, immediately wash the affected area with warm water and soap. An anti-bacterial soap is recommended.
• If the material splashes into your eyes rinse them thoroughly with water for 15 minutes.
• Report all exposures right away so any necessary medical testing, treatment and recordkeeping can take place.