



Bloodborne Pathogens (BBPs)

University of Louisiana at Monroe
3rd Quarter 2006 Safety Meeting

Bloodborne Pathogens Rules & Regulations

- OSHA Standard - is 29 CFR 1910.1030. A link to the OSHA website is available on the safety webpage.
- ORM Requirements - requires university to develop a bloodborne pathogens plan. Also require university to provide training to all employees once every three years. High risk employees must be trained every year.
- University Bloodborne Pathogens Plan - is updated and available to all employees in the online safety manual contained on the ULM safety website.
- Goal - the goal of the program and training is to reduce accidents involving bloodborne pathogens



High - Risk Employees

- An employee who is employed in an occupation that increases their risk of exposure to bloodborne pathogens.
 - Must be trained annually
 - Must be offered Hepatitis B vaccine - free of charge. If vaccine is declined must sign a declination statement.

High - Risk Employees

- High risk occupations at ULM:
 - Athletic Trainers
 - Student Health Center Employees
 - Custodial Services
 - Dental Hygiene Faculty
 - Kinesiology Faculty
 - HVAC/ Filter Workers
 - Police Department
 - Plumbers
 - Communicative Disorders Faculty
 - Family Matters Faculty
 - Maintenance Repair
 - Nursing Faculty
 - Radiologic Technology Faculty
 - Clinical Laboratory Science Faculty
 - Occupational Therapy Faculty
 - Occupational Therapy Assistant Faculty



What are Bloodborne Pathogens?

- Microorganisms (viruses or bacteria) that are carried in the blood and cause disease in humans
- Some of the types of diseases caused by BBPs:
 - Human Immunodeficiency Virus (HIV) = AIDS
 - Hepatitis - many types
 - Malaria
 - Syphilis
 - Many Others

Human Immunodeficiency Virus (HIV)

- Transmitted by blood and other body fluids. Most commonly transmitted through: unprotected sex, drug users (needles), and blood (transfusions, etc.)
- Attacks the immune system, eventually leads to AIDS which is fatal. There is no vaccine and no known cure. HIV can be dormant for many years.
- The virus is somewhat fragile and will not live long outside of the human body.



Hepatitis

- There are many types of Hepatitis: A,B,C, D, and E.
- Transmitted through blood and other bodily fluids.
- The highest risk when working around bloodborne pathogens is Hepatitis B.
- Hepatitis infects the liver causing swelling and in many cases leads to cirrhosis.
- Can survive for six months in proper environment, can survive for 1 week in dried blood.
- Vaccine is available for Hepatitis B. It is available free of charge to all employees with regular exposure to bloodborne pathogens.

Are Bloodborne Pathogens Only in Blood?

- Bloodborne pathogens can be transmitted through contact with infected human blood and other potentially infectious body fluids such as:
 - Semen
 - Vaginal secretions
 - Cerebrospinal fluid
 - Synovial fluid
 - Pleural fluid
 - Peritoneal fluid
 - Amniotic fluid
 - Saliva (in dental procedures), and
 - Any body fluid that is visibly contaminated with blood

How can Bloodborne Pathogens Enter My Body?

- Routes of Entry Include:
 - Cuts, Open Sores, Abrasions, Acne, Sunburn or anywhere where skin is not intact
 - Mucous membranes - eyes, nose, & mouth
 - Accidental puncture from contaminated needles and other sharps is the most common work related source of contamination.

How can I protect myself from Bloodborne Pathogens?

- If you are ever required to work with blood or the other bodily fluids listed you should make sure you use “Universal Precautions”
- What are universal precautions?
 - Precautions taken when working with blood or other body fluids. The precautions involve protecting yourself from these materials entering your body. Specifically universal precautions involves using good judgement & personal protective equipment such as gloves, face shields, masks (used during CPR), etc.
 - The simple explanation: “If it’s wet and it isn’t yours, don’t touch it with your bare hands.”

More Practices to Protect Against Bloodborne Pathogens (BBPs)

- **Gloves** - always should be worn when working around BBPs. Be careful to wash hands before putting gloves on. Carefully examine gloves to ensure gloves do not have any holes or tears. Once work is completed when removing gloves do not use bare hands to remove gloves.
- **Hand Washing** - one of the most valuable and simple practices in protecting against BBPs. Make sure antibacterial soap is used. Hands should be washed:
 - Every time after using the restroom
 - Every time before, during, & after working with or around bloodborne pathogens
 - Every time before eating and also before preparing food.



More Practices to Protect Against Bloodborne Pathogens (BBPs)

- Do not eat, drink, smoke, apply cosmetics, or handle contact lenses when working with or around BBPs.
- Use of good engineering practices & controls
 - Use of proper sharps containers & biological waste storage. Sharps containers must be puncture resistant.
 - Personal protective equipment - gloves, face shields, goggles, masks, lab coats, etc.
 - Needles, PPE, and other equipment designed for single use should never be reused and should be disposed of properly in an approved container.
 - Equipment & PPE that will be reused should be completely disinfected after each use.

Decontamination Procedures for Bloodborne Pathogens

- When should I decontaminate an area?
 - At the end of a work shift
 - After any spill of blood or other potentially infectious material. If you are unsure if the material spilled is BBP contaminated, presume that it is and proceed accordingly.
 - After any work procedures that result in BBP contamination
- How do I decontaminate an area?
 - Use a solution of bleach and water (10:1) ratio. 1 part bleach to 9 parts water.
 - Or you can use an EPA-registered disinfectant
 - Rags and other material used for cleaning should be treated as BBP contaminated biological waste and should be disposed of accordingly.

What to Do if You are Exposed to BBPs?

- What should you do if you are or suspect that you have been exposed to bloodborne pathogens?
 - Immediately clean & wash area with antibacterial soap.
 - Report the exposure to your supervisor
 - Follow the procedures in ULM's bloodborne pathogens exposure control plan
 - Document the exposure incident (who, what, when, where, why, & how)
 - Identify the source individual of the exposure - obtain consent from the source, test source's blood ASAP
 - Make sure that you are tested for BBPs (at a minimum test for HIV & Hep. B)
 - Get medical counseling and vaccine

Questions?

- Please direct any questions or concerns to the University's Environmental Health & Safety Officer
 - Lindsay McNair
342-5177
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Want More Information on Bloodborne Pathogens?

- You can go to the following sites for more information:
 - Occupational Safety & Health Administration (OSHA)
<http://www.osha.gov>
 - ULM Safety Website
<http://www.ulm.edu/safety>
 - Centers for Disease Control
<http://www.cdc.gov>
 - La. Dept. of Health & Hospitals
<http://www.dhh.state.la.us>