

# BLOODBORNE PATHOGEN EXPOSURE TRAINING



## Exposure Control Plan

Your facility Exposure Control Plan requires you to consider all blood and body fluids containing visible blood as potential carriers of bloodborne pathogens. The Exposure Control Plan also:

- Identifies jobs that carry risk
- Outlines potential hazards
- Describes steps to minimize risk
- Specifies procedures to follow if exposed.

A program of requirements for protecting employees against the hazards related to exposure to blood and other potentially infectious body fluids.

HBV, HCV and HIV are transmitted the same way—on the job—through exposure to contaminated blood and other body fluids containing visible blood. You can be exposed if: Contaminated blood or other body fluids containing visible blood contact any break in your skin, such as cuts, nicks, abrasions; These contaminated fluids come in contact with the mucous membranes of your nose, eyes, or mouth; You are cut with a sharp object that's contaminated with these fluids; You touch a contaminated surface and then touch your mucous membranes or broken skin. HBV can survive at room temperature for a week or more.

Procedures to reduce your risk of exposure, such as:

- Engineering controls, which are physical and mechanical systems such as handwashing facilities and trash handling and disposal procedures.
- Work practice controls are a matter of good judgment and personal hygiene. The single most effective technique for preventing the spread of bloodborne pathogens is washing your hands.
- If mucus membranes are involved, flush the area with water. Minimize blood spatters, stop bleeding by applying pressure, keep injury bandaged, clean up after yourself and report the incident.
- Personal Protective Equipment is used to prevent contact with infectious substances. Example: Gloves, Aprons, Face shields & eyewear
- Housekeeping practices should be reviewed on a regular basis: Inspections & cleaning with appropriate disinfectants; label all "biohazard" containers.

Bloodborne pathogens can be dangerous, but you can minimize your risk of exposure.

***There are three bloodborne pathogens that may pose a risk to you:***

HEPATITIS B VIRUS HBV	HEPATITIS C VIRUS HCV	Human Immunodeficiency Virus HIV
Can cause inflammation of the liver. About half the people infected with it show no symptoms. Others may experience jaundice, fatigue, abdominal pain, loss of appetite and occasional nausea or vomiting. Approximately 10% of people with HBV develop chronic infections, which can lead to chronic liver disease, cancer or death.. HBV is the most easily transmitted bloodborne pathogen	Can cause liver infection and manifests symptoms similar to hepatitis B.. There are some important differences however: Three-quarters of those infected with HCV show no symptoms. Eighty-five percent are chronically infected. It is the leading reason for liver transplants. There is currently no vaccine for HCV.	HIV attacks the body's immune system, eventually destroying its ability to fight infection. Many people who are infected lead normal lives and appear to be healthy for years. Although HIV can lead to AIDS, the number of cases is declining due to improved treatments. There is no preventive vaccine for HIV or cure for AIDS.

1. Blood is the #1 source of HIV, HBV, & HCV in the workplace?  
TRUE

2. HIV poses a greater risk to school personnel than hepatitis B or C because it is transmitted more easily?  
FALSE, HBV poses the greater risk because it is transmitted more easily.

3. Most people recover from HBV?  
TRUE

4. Most people infected with HCV become chronically infected?  
TRUE

5. HBV can survive in dried blood for at least one week?  
TRUE.

6. There are vaccines to prevent HBV & HCV?  
FALSE, only HBV

7. You can be exposed to bloodborne pathogens at work if blood or other infectious material contacts your broken skin or mucous membranes?  
TRUE

8. Always wear gloves when you anticipate touching blood, or contaminated surfaces?  
TRUE