

PLEASE NOTE: The following material is for information purposes only and is superseded by the policies and procedures designated by your employer.

Bloodborne pathogens are pathogenic microorganisms that can be present in human blood and can cause disease in humans.

The most prevalent types of bloodborne pathogens include:

1. Human Immunodeficiency Virus (HIV)
2. Hepatitis B Virus (HBV)
3. Hepatitis C Virus (HCV)

Body fluids capable of transmitting HIV, HBV, and HCV from an infected individual include:

- Blood and all biological fluids visibly contaminated with blood.
- Laboratory specimens that contain concentrated HIV, HBV, and HCV.
- Vaginal secretions or semen (however, both are unlikely to transmit HCV).
- Saliva (if a bite is contaminated with blood and only HBV if bite is not contaminated with blood).
- Feces, nasal secretions, sputum, tears, urine, and vomit are not implicated in the transmission of HIV, HBV, and HCV unless contaminated with blood.

HOW YOU ARE EXPOSED

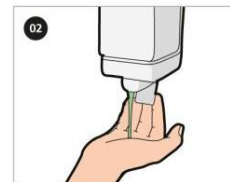
Direct contact. Infected blood or body fluid from one person enters another person’s body at an entry site:

- injection - stabbed with a needle, lancet, scalpel, broken glass or other sharp object that has blood or other body fluids on it
- splashed with another person’s blood or other body fluids and your skin has tiny scratches, scrapes or burns, or a minor rash
- splashed with blood or a body fluid in the mucous membranes in your mouth, nose or eyes
- bitten by another person

Indirect contact. A person’s skin touches an object that contains the blood or body fluid of an infected person, such as picking up soiled dressings contaminated with an infected person’s blood or body fluid.



01 Wet hands with water



02 Apply enough soap to cover all hand surfaces



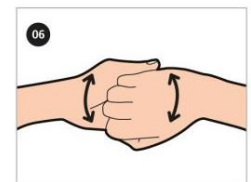
03 Rub hands palm to palm



04 Right palm over back of the left hand and left palm over back of the right hand



05 Palm to palm with fingers interlaced



06 Backs of fingers to opposing palms with fingers interlocked



07 Rotational rubbing of left thumb clasped in right palm and vice versa



08 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



09 Rinse hands with water

SOURCES: Active Canadian, American Red Cross, CCOHS

PREVENTION PROCEDURES

Universal Precautions:

This approach treats all human blood and other potentially infectious material (OPIM) as if known to be infectious for bloodborne pathogens and requires the use of exposure control measures and personal safety equipment to protect against exposure to bodily fluids. This includes wearing gloves, masks, goggles, and gowns when appropriate, proper disposal methods and disinfecting contaminated areas.

The following safety supplies should be kept on hand to allow for the proper implementation of Universal Precautions:

- Disposable syringes
- Sharps container with biohazards label
- Disinfectant solution (1:10 chlorine bleach or commercial product)
- Hand washing facilities (soap, water, single use disposable towels)
- Plastic disposal bag
- Pocket CPR barrier device

Routine Practices:

These aim to protect against transmission of all microorganisms through contact with all body fluids. Occupational health and safety is regulated in Canada in each of the fourteen jurisdictions (provincial, territorial, and federal). Some jurisdictions may have also developed specific modifications of infection control guidelines.

5 Components to Routine Practices

- ✓ risk assessment – includes body fluids the worker may encounter.
- ✓ administrative controls – includes training and workplace policies and procedures.
- ✓ environmental controls – includes cleaning, disposal and segregation of contaminated sources.
- ✓ hand hygiene – is the act of removing or destroying microorganisms on the hands while maintaining good hand integrity (keeping the skin healthy). Hand hygiene can be performed with an alcohol-based hand rub or with soap and water.
- ✓ personal protective equipment (PPE) - PPE can help create a barrier between the exposed worker and the source of microorganisms. This includes gloves, face protection, and safe removal of PPE.



IF YOU ARE EXPOSED, TAKE THE FOLLOWING STEPS IMMEDIATELY:

- Wash needlestick injuries, cuts and exposed skin thoroughly with soap and water.
- If splashed with blood or potentially infectious material around the mouth/nose, flush the area with water.
- If splashed in or around the eyes, irrigate with clean water, saline or sterile irrigants for 20 minutes.
- Report the incident to the appropriate person identified in your employer's exposure control plan immediately.
- Record the incident by writing down what happened. Include the date, time and circumstances of the exposure; any actions taken after the exposure; and any other information required by your employer.
- Seek immediate follow-up care as identified in your employer's exposure control plan.