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## ~ ANNUAL TRAINING ~

Bloodborne pathogens (BBP) are viruses or bacteria in blood or other body fluids. BBP can cause disease in humans. Workers exposed to BBP are at risk for serious or deadly infections. The most common and serious BBP are:

- Hepatitis B (HBV)
- Hepatitis C (HCV)
- HIV (the virus that causes AIDS)

BBP can spread if you touch infected human blood or other infected body fluids. This may include open cuts, sores, nicks, or scrapes. It can also include punctures from used needles or sharp glass.

### Prevent the Spread of BBP

Protect yourself and others by using **Universal Precautions**. This means you treat **ALL** people as if they were infected with BBP. Ways to be safe include:



1. Wear **Personal Protective Equipment** (PPE). PPE helps protect you from blood or other body fluids. PPE includes disposable gloves.
2. Wash your hands often and well. This includes before and after glove use.
3. Dispose of used PPE, sharps, and other waste supplies properly.
  - a. Sharps containers must be leak and puncture proof. They also must be well marked. Dispose of sharps as soon as you are done with them. **NEVER** throw a sharp into the trash.
  - b. Dirty supplies must be disposed of in red or labeled bags.
  - c. **NEVER** reuse disposable gloves.
  - d. Do not touch dirty, broken glass with your hands. Sweep it into a dustpan before disposal.
4. Disinfect blood or body fluid spills with a 10% household bleach and 90% water mix.

Consumer Direct has an **Exposure Control Plan**. It tells what to do if you come in contact with blood or body fluid. Some rules to follow are:



OOPS!

1. Wash the exposed area well with soap and water.
2. See a doctor right away. Time can be crucial in preventing infection.
3. Report the contact to the Consumer Direct **Injury Hotline**. Make the report as soon as you can. The hotline is open 24/7 at **888-541-1701**.
4. In some cases (like HIV contact) you may want to be tested. It is not required, but may tell you if you are infected. The Exposure Control Plan discusses testing.

Thank you for being safe!



## TEST YOURSELF

True or False?

( Score \_\_\_\_\_ )

- |                                                                                                 |     |
|-------------------------------------------------------------------------------------------------|-----|
| 1. You only need to wash your hands when you leave work.                                        | T F |
| 2. Standard Precautions only apply to people who have a disease.                                | T F |
| 3. Disposable gloves can be reused if removed gently.                                           | T F |
| 4. Household bleach can be used to disinfect blood on a tile floor.                             | T F |
| 5. If you are exposed to BBP, you should call the Injury Hotline right away.                    | T F |
| 6. Hepatitis C can spread through blood or other body fluids.                                   | T F |
| 7. If you are exposed to BBP, you should wait until you show signs before you get help.         | T F |
| 8. It is okay to wear your PPE home from work.                                                  | T F |
| 9. Used needles should go in the trash right away.                                              | T F |
| 10. Proper disposal of used PPE, sharps, and other waste supplies can reduce the spread of BBP. | T F |

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Direct Service Worker (DSW) Name  
**Please Print.**

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*DSW Signature*

\_\_\_\_\_  
*Date*

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Participant's Name **Please Print.**

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*Participant/Representative Signature*

\_\_\_\_\_  
*Date*

