Bloodborne Pathogens

Instructor Notes: If this is the first session of the day:

- Display welcome slide as participants enter the room to reassure they are in the correct place.
- Be sure to welcome participants to class – introduce class members and all trainers present.
- Be sure to start on time.

Discussion Points:

- Remember, enthusiasm and positive energy are critical.
- Class participants are embarking on a challenging journey which begins here.
- For some, this may be the first time in a classroom in a very long time, making them feel slightly intimidated. Be sure to make participants feel welcome.
- Review emergency exit locations and facility specific policies, including cell phones and smoking.

Time Recommended: .5 hour

Objectives

By the end of this section, participants will know and understand:

- What bloodborne pathogens are and some signs/symptoms of the most common types
- How pathogens can be transmitted
- Procedures to help keep themselves safe
- Follow-up care recommended after an exposure incident

Bloodborne Pathogens

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Instructor Notes:

- Simply read the training objectives for this section – avoid actually teaching from this slide

Discussion Points:

- None

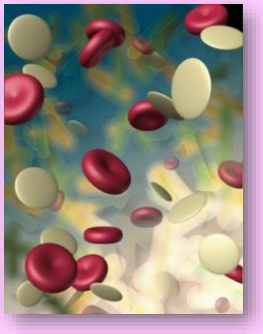
What Are Bloodborne Pathogens?

Viruses, bacteria and other microorganisms that:

- Are carried in a person's bloodstream
- Can cause disease

<u>The three most common are:</u>

- Hepatitis B Virus (HBV)
- Hepatitis C Virus (HCV)
- Human Immunodeficiency Virus (HIV)



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Instructor Notes:

- Discuss bloodborne pathogens and some examples.

Discussion Points:

- **Ask participants:** *Does anyone know what bloodborne pathogens are?*
    - Give participants a few moments to generate responses.
- Tell participants:
    - Bloodborne pathogens are disease-producing bacteria or micro-organisms that are present in human blood that can lead to diseases.
- There are many disease-causing micro-organisms covered by this standard; however, the most common and those of primary concern are:
    - Hepatitis B (HBV)
    - Hepatitis C (HCV)
    - Human Immunodeficiency Virus (HIV)

HBV- Hepatitis B

- Hepatitis means “inflammation of the liver”
- HBV poses a greater risk than Hepatitis C or HIV because HBV is more easily transmitted
- HBV can be prevented by a vaccine, and can be successfully treated
- Hepatitis B can be transmitted by casual contact, like kissing, because it also infects saliva
- Only blood testing can positively identify

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Instructor Notes:

- Discuss Hepatitis B, the symptoms, how it can be transmitted and how it is detected.

Symptoms May Include:

- Flu-like symptoms (fatigue, weight-loss, fever or diarrhea).
- Jaundice (yellowing of the skin and white part of the eyes).
- Loss of appetite with occasional nausea and vomiting.
- No symptoms at all.

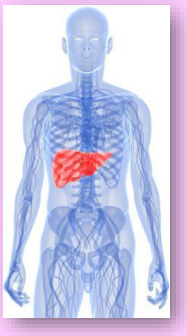
Discussion Points:

- Hepatitis means ‘inflammation of the liver’. HBV poses a greater risk than either the Hepatitis C virus (HCV) or HIV because HBV is more easily transmitted.
- Fortunately, HBV can be prevented by a vaccine, and can be successfully treated.
- In the event of an exposure, the Hepatitis B vaccine will be offered at no cost to the employee as a precaution.
- While HBV is more easily transmitted, it is important to remember that it cannot be transmitted just by shaking hands, assisting a passenger to/from the door, securing a mobility device, etc. unless there is direct contact of body fluid to body fluid.

Please Note: Unlike HIV or HCV, Hepatitis B can be transmitted by casual contact, like kissing, because it also infects saliva.

HCV - Hepatitis C

- Spread by direct contact with blood of an infected person
- May not be recognized -only 25 to 30% of infected individuals show signs of infection
- No vaccine or cure for HCV infection
- Can cause serious liver disease



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Instructor Notes:

- Discuss Hepatitis C, the symptoms, how it can be transmitted and how it is detected.

<u>In addition to Hepatitis B Symptoms, Hepatitis C Symptoms May Include:</u>

- Itchy skin
- Fluid buildup in your abdomen
- Swelling in your legs
- Confusion, drowsiness and slurred speech

Discussion Points:

- Hepatitis C is spread by direct contact with the blood of an infected person.
- It can cause serious liver disease with symptoms similar to Hepatitis B.
- Only 25% to 30% of infected individuals show signs of infection, and those signs may not even be recognized.
- People who are chronically infected with Hepatitis C may have no symptoms for more than 20 years, yet during that time the infection may be slowly damaging the liver.
- It is important to note that Hepatitis C is generally more mild, and slower in its progression than Hepatitis B.
- Because of this, it may be in advanced stages before it is diagnosed.
- There is no cure or vaccine for Hepatitis C, though treatments are available to help address the symptoms.

HIV/AIDS

- HIV virus causes disease known as AIDS.
- AIDS attacks body's immune system
- There is no vaccine to prevent AIDS
- HIV is transmitted mainly through sexual contact
- HIV is not transmitted by touching or working around people who carry the disease

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Instructor Notes:

- Discuss HIV/AIDS, the symptoms, how it can be transmitted and how it is detected.

Symptoms May Include:

- Flu-like symptoms
- Fever
- Diarrhea
- Fatigue

Discussion Points:

- HIV, Human Immunodeficiency Virus, attacks the body's immune system, causing the disease known as AIDS.
- At present, there is no vaccine to prevent AIDS.
- It is possible to carry the virus without showing symptoms for several years.
- HIV will eventually lead to AIDS. HIV is transmitted mainly through sexual contact, but also may be spread by using contaminated needles to inject drugs, blood transfusions, or direct contact with blood through open sores, mouth, nose, eyes or throat.
- HIV is not transmitted by touching or working around people who carry the disease.
- Of the bloodborne pathogens, HIV/AIDS is the most widely publicized bloodborne so many people are familiar with it to some degree.
- There is no cure or vaccine for HIV, though treatments have become increasingly effective in addressing symptoms and prolonging the progression to AIDS.
- HIV is not transmitted by touching or working around people who carry the disease.
- HIV/AIDS cannot be transmitted just by shaking hands, assisting a passenger to/from the door, securing a mobility device, etc. unless there is direct contact of body fluid to body fluid.

Protect Yourself

Assume any blood or fluid you encounter is infected by a bloodborne pathogen and take steps to protect yourself

Universal Precautions

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Instructor Notes:

- Discuss how to protect ourselves against something we can't see.

Discussion Points:

- Assume any blood or body fluid you come in contact with is infected by a bloodborne pathogen.
- Tell participants the bodily fluids you are most likely to encounter include blood, saliva, vomit, or urine.
- If blood is not present in a body fluid, bloodborne pathogens cannot be present.
- Sometimes the blood may be present in microscopic quantities and difficult to see with the naked eye.
- To be safe, you must assume that all bodily fluids are contaminated with infectious blood.
- This is called universal precautions.
- Universal precautions means taking all precautions necessary to protect against exposure to blood or other body fluids, under the assumption they are infectious (even if they're not).
- Think Safe, Act Safe, Be Safe.
- Protect yourself no matter what the situation is.

Methods of Protection

- **Body Fluid Clean-up Kit**
  - Isolate potentially contaminated areas
- **Act**
  - Notify Dispatch and await further instructions
- **Personal Protective Equipment (PPE):**
  - Gloves
  - Protective face mask

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Instructor Notes:

Discuss:

- Body fluid clean-up kits (if equipped)
- Required notifications
- ***Local/contractual policies and requirements***

Discussion Points:

- Each FT vehicle used to transport passengers must be equipped with a body fluid clean-up kit.
- Operators should check this kit during the pre-trip inspection process to ensure all items needed are there.
- Once blood or body fluids have been released, isolate potentially contaminated areas by using the absorbent powder to prevent the fluid from spreading.
- Move all passengers away from this area to minimize the potential of exposure.
- Operators should contact Dispatch immediately to report such incidents and await further instructions.
- Body fluid kits contain disposable vinyl gloves.
- These are the first line of defense to protect you against bloodborne pathogens.
- Gloves not only protect you, they also protect the passenger as well.
- They are ONLY useful if they prevent blood or other body fluids from touching your bare hands.
- The body fluid kits also contain a tie-on mask for use if exposed to spraying or splashing blood or body fluids (a rare occurrence).

Mask Usage

- Inspect mask first
- If mask is torn or defective, replace it
- Put mask on before putting on gloves
- Put mask on before cleaning blood or body fluids

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Instructor Notes:

- The mask is one part of the protection procedure that we use to protect ourselves from bloodborne pathogen exposure.

Discussion Points:

- It is important to put the mask on first to avoid possible damage to the gloves.
- The body fluid clean-up kit contains a surgical mask.
- Mask removal:
    - Remove the gloves *AFTER* removing the mask to protect yourself from bloodborne pathogens on the gloves.
    - Slide one finger under the ear strap on each side and pull mask away from your face.
    - Avoid contact with mask.

Instructor Notes:

- Discuss gloves as a method of protection against bloodborne pathogens.

Discussion Points:

- Disposable vinyl gloves and a mask are the first line of defense to protect you against bloodborne pathogens.
- The body fluid clean-up kits contains vinyl gloves.
- Inspect gloves before you put them on.
- If the gloves are cracked or torn, do not use them Instead, throw them away and replace them.
- Put the gloves and mask on ***before*** providing cleaning blood or body fluids.
- The proper use of the gloves and mask is an effective precaution to protect yourself from contact with bloodborne pathogens.
- Gloves and a mask provide a barrier between you and blood or other body fluids.
- Avoid handling sharp debris or broken glass as they may puncture the gloves.

Instructor Notes:

- Discuss and demonstrate the proper removal of gloves.

Discussion Points:

- When removing gloves they should be “rolled-off” as shown in steps 1-8 below
    1. Remove the mask ***BEFORE*** removing the gloves to protect yourself from blood or body fluid splatter that may be on the mask
    2. Grasp (pinch) the glove on the outside, just below the cuff of the glove
    3. Pull glove inside out as you roll-off your hand/fingers
    4. The removed glove is held in remaining gloved hand
    5. Slide fingers beneath the cuff to remove second glove
    6. Pull glove inside out (and over the first glove) as you roll-off of your fingers
    7. Wash hands immediately with soap and water.
    8. If you are unable to immediately wash your hands, use alcohol based hand sanitizer from the body fluid clean-up kit, and wash with soap

and water as soon as you can.

Body Fluid Kit

- Absorbent powder
- Surgical mask
- Disposable gloves
- Scraper
- Red biohazard bag
- Disinfectant towelette

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Instructor Notes:

- Listed are the items that each body fluid kit must contain if vehicle is equipped with one

Discussion Points:

- Body fluid kits contain the following items:
  - Absorbent powder
  - Surgical mask
  - Disposable gloves
  - Scraper
  - Red biohazard bag
  - Disinfectant towelette

Instructor Notes:

- Discuss step-by-step what to do to protect yourself when handling body fluids.

Discussion Points:

- Body fluid clean-up kits are designed for minor injury or illness.
- If the extent of blood or body fluid is beyond the capability of the employee to contain or clean, notify Dispatch and await further instructions.
- ***Discuss local/contract requirements here.***

Using the Body Fluid Clean-up Kit:

1. Assemble materials from the body fluid kit.
2. Inspect, then put on vinyl gloves (the first line of defense).
3. Tend to the wound touching ONLY with gloved hands.
4. Afterwards, clean-up using the kit and precautions which prevent contact with blood or body fluids.
    - Sprinkle absorbent material onto blood or body fluid.
    - Once “gelled” (fluid has been absorbed), use the scraper to scrape content into disposable bag from the kit.
    - Dispose of gloves and contents used from the kit into the plastic bag and dispose according to state or local/contractual requirements. ***(Discuss local requirements here).***
- Immediately wash hands with soap and water. If no immediate access to soap and water, use the sanitizing wipe in the body fluid kit, or alcohol-based hand sanitizer. Wash hands with soap and water as soon as possible.

Housekeeping/Disposal - Sharps

Contaminated sharps should be disposed of in sharps containers as soon as possible

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Instructor Notes:

- Explain how to clean up and dispose of sharp objects.

Discussion Points:

- Pick-up broken glassware or other sharp objects using mechanical means, such as brush and dust pan or items contained in the body fluid kit.
- Discard of contaminated sharps in leak-proof puncture-resistant container immediately, or as soon as possible to avoid contamination through impalement or laceration on the sharps.
- A screw-top soda bottle is an excellent temporary means to contain a needle or other sharp found on the vehicle, until it can be disposed of in a sharps container.
- Sharps containers are available at each location in the shop or office.
- **(Discuss local/contractual requirements and procedures).**

What if Exposure Occurs?

- Stay calm –exposure does not always mean infection
- You can *ONLY* become infected if infected blood or body fluids come into direct contact with your body fluids
- You cannot become infected through casual contact

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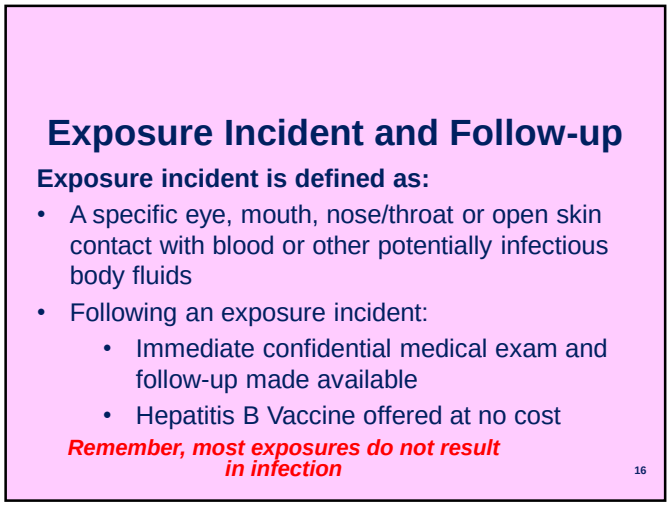
Instructor Notes:

- Discuss the difference between exposure and infection.

Discussion Points:

- It is extremely important to remember that exposure is not always infection.
- You can ***ONLY*** become infected if infected blood or body fluids come into direct contact with:
    - Eyes, Nose, Mouth or Throat
    - Open Wounds
    - Cutting Yourself with Contaminated Sharp Objects
    - Intimate Sexual Contact
- You ***CANNOT*** become infected through casual contact, coughing, sneezing, a hug or from drinking fountains or food.
    - You cannot become infected by shaking hands, assisting a passenger to/from the door, securing a mobility device, etc., unless there is direct contact of body fluid to body fluid.



Instructor Notes:

- Discuss what an exposure incident is and what to do after an exposure event.

Discussion Points:

- An *exposure incident* is a specific incident of contact with blood or potentially infectious bodily fluid.
- If there was no exposure to eyes, mouth, nose/throat or open skin surfaces, it is not considered an occupational exposure.
- Be sure to report all incidents involving blood or bodily fluid so your manager can determine if an exposure incident has occurred and then offer post-exposure medical evaluations if necessary.
- If blood is spilled, documentation of the spill location, who cleaned it up, the cleanup and the waste disposal method must be kept.
- After a BBP incident a report must be completed (details regarding the reporting process will be provided later in this training.
- If the event resulted in an *exposure incident*, an immediate confidential medical exam(s) will be made available.
- Medical records are kept confidential; however, they are available to each employee upon request.
- The records will include your Hepatitis B vaccination status, any post-exposure evaluation and follow-up results, and any written opinions or other specific information provided by the health care professionals.
- It is important to remember that most exposures do not result in infection.

Hepatitis B Vaccine

- Made available within 10 days of an exposure incident
- Vaccine will be provided by a licensed healthcare professional
- If employee declines vaccine, they must sign a form indicating they decline

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Instructor Notes:

- Discuss the Hepatitis B vaccination.

Discussion Points:

- Within 10 days of an exposure incident, the HBV vaccine will be made available to employees at no cost.
- The Hepatitis B vaccine is a series of three injections which are effective in preventing infection with HBV.
- OSHA requires the vaccine be provided by a licensed healthcare provider, at a clinic or hospital selected by the employer.
- OSHA also requires that employees who decline the HBV vaccine following an *exposure incident* sign a form indicating they have declined the vaccine

Questions, Concerns or Comments?

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Instructor Notes:

- Use this opportunity to evaluate the learning based on what questions are asked from the participants.
- If there seems to be an area that lacked general understanding – take the time to clarify the main points.
- It is important to be sure everyone is comfortable with moving on to the next section of this training.

Discussion Points:

- Answer any questions the participants may have.

Summary

- Primary responsibility is safety and security of all passengers
- Protect yourself and your passengers through exposure reduction techniques

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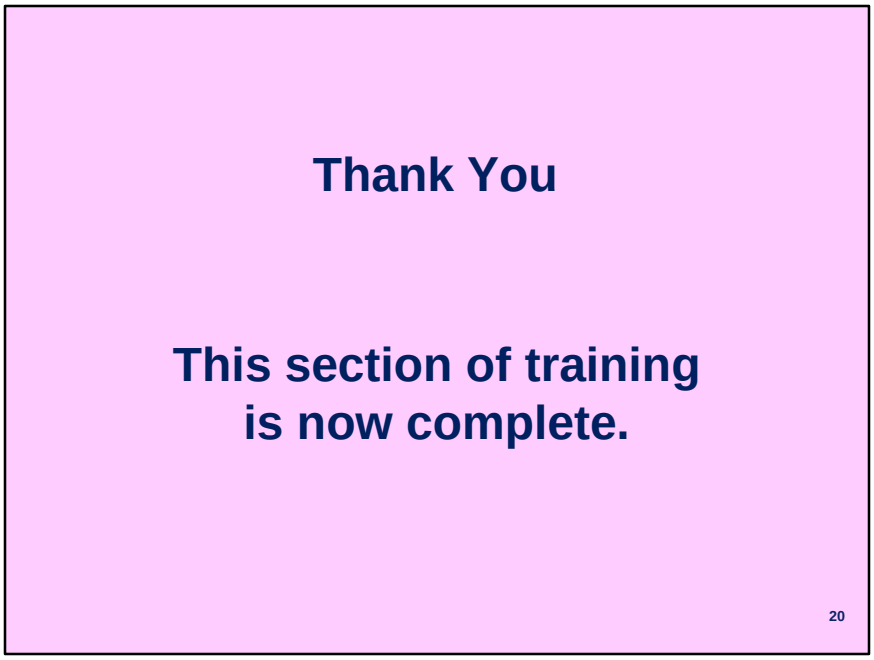
Instructor Notes:

- Cover the points on this slide.

Discussion Points:

- None



Instructor Notes:

- Thank the participants for attending the training.

Discussion Points:

- None