

Blood Borne Pathogens and Exposure Control Plan

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Please read the following.

Texas Department of Health and Safety code, HB 2085 requires school settings to develop and enforce a Blood Borne Pathogen Exposure Control Plan. The Blood Borne Pathogen training is done annually in August during in-service days.

By clicking on the Accept button at the end, confirms you have read the Blood Borne Pathogen Exposure Control plan. If you are **new to the district** or a **substitute**, click on the Download button, print the form, complete the bottom receipt and give a copy of the signed form to the Main office for their records.

Blood Borne Diseases

Blood Borne pathogens are microorganisms carried by human blood and other bodily fluids. The two most common are:

- Hepatitis B Virus (HBV)
- Human immunodeficiency virus (HIV)

Hepatitis B Virus

- Hepatitis means "inflammation of the liver"
- If you become infected with HBV:
 - You may suffer from flu like symptoms(fatigue, weight loss, fever or diarrhea)
 - You may require hospitalization
 - You may not exhibit symptoms being unaware that you are a carrier
 - Your blood, saliva and other body fluids may be affected
 - You may spread the virus to sexual partners, family members and even unborn infants
 - Only blood tests can positively confirm the disease

Human Immunodeficiency Virus (HIV)

- HIV attacks the body's immune system causing the disease known as AIDS
- There is no vaccine to prevent AIDS
- If you contract HIV:
 - You may suffer from flu like symptoms (fever, diarrhea and fatigue)
 - You may carry the virus without showing symptoms for years
 - You will eventually develop AIDS
 - You may fall victim to AIDS related illnesses including neurological problems, cancer, and other related opportunistic diseases
- HIV is transmitted mainly through sexual contact, but also may be spread with blood and body fluids. HIV is not transmitted by touching or working around people who carry the disease.
- People are protected under the American Disabilities Act and are not required to report HIV, Hepatitis B or Hepatitis C.
- Therefore UNIVERSAL PRECAUTIONS should always be implemented, treating all blood as infected blood.

- Knowing how these diseases are transmitted can be your first line of defense.
- HBV and HIV and other pathogens may be present in blood and other materials such as:
 - Body fluids containing visible blood
 - Semen and vaginal secretions
 - Torn or loose skin

Workplace Transmission

- Blood borne pathogens can cause infection by entering your body through:
 - Open cuts and nicks
 - Skin abrasions
 - Dermatitis
 - Acne
 - The mucous membranes of your mouth, eyes or nose
- Special education employees should take extra precaution while working with severely disabled children.
- Some disabled children may be more:
 - Vulnerable to injury
 - Likely to have special medical needs
 - Dependent on adults for personal care

Accidental Injury

You can become infected by cutting yourself with a contaminated sharp object like:

- Broken glass
- Sharp metal
- Needles
- Knives
- Exposed ends of orthodontic wires

Indirect Transmission

- Blood Borne diseases can also be transmitted indirectly. This happens when you touch a contaminated object or surface and then transfer the infection to your mouth, eyes, nose, or non intact skin.
- Sounds unlikely? Not when you consider HBV can survive on surfaces dried and at room temperature for at least a week.
- Contaminated surfaces can be a major factor in the spread of HBV.

Exposure Control Plan

- OSHA recommends that every school system create a written Exposure Control Plan (ECP) that is made available to every school employee
- The Exposure Control Plan (ECP) is available for you to read in its entirety at the Main Office, Elementary Office, Junior High Office, High School Office and Health Clinic office.
- The Exposure Control Plan (ECP) will:
 - Identify the personnel at greatest risk for exposure
 - Analyze the potential hazards of each job description
 - Determine what measures will be taken to reduce the risk of exposure to blood borne pathogens on the job.
- Level I Employees
- School Nurses
- Special Education Teachers

- Athletic Coaches and PE teachers
- Lifeguards
- Day Custodians
- Principals

Level I Employees

- More likely to be in contact with blood or bodily fluids
- Related task and procedures
- Wounds, dressing, changes, suctioning
- CPR/First Aid
- Cleaning up blood spills and other bodily fluids

Level II Employees

- Normally are not exposed to blood or bodily fluids
- Secretaries, teachers, counselors, assistant principals, evening custodians, substitutes, and other employees

Standard or Universal Precautions

- Defined: Treating all blood and bodily fluids as if they were possibly infectious.
- This approach is critical because it is impossible to tell who is infected with HBV or HIV simply by appearances.
- Many people who carry diseases have no visible symptoms and no knowledge of their condition.

Reducing Your Risk

- Reducing your risk of exposure to Blood Borne Pathogens means you need to do more than wear gloves.
- To protect yourself effectively use Personal Protective Equipment (PPE)
- PPE includes gloves, masks, aprons, lab coats, face shields, mouthpieces and resuscitation bags or other ventilation devices.
- Workplace controls: Specific procedures you must follow on the job to reduce your risk to exposure to blood or other potentially infectious materials.
- These employees may include nurses, special education teachers, day custodial staff, coaches, or any other person trained in blood borne safety to give first aid treatment to students.
- Hepatitis B Vaccine (HBV)
- This HBV vaccine may be one of the best ways to prevent Hepatitis B infection. If you are exposed to infectious materials as part of your job (Level I employee), the school system will provide the Hepatitis B vaccination available to you at no cost.
- Engineering controls
 - Example for engineering controls: appropriate containers must be used for disposing of regulated waste and towels soaked with blood and body fluids.
 - Double bag the blood and body fluids.
- Good Housekeeping
- General Rules:
 - Clean and decontaminate equipment all equipment and environmental working surfaces as soon as possible after contact with blood or other potentially infectious materials.
 - Never pick up broken glass with gloved or bare hands. Use tongs or a broom and dustpan.
 - Place contaminated sharps and infectious waste in designated containers. (Sharps Containers are in the nurse office).
 - Handle contaminated laundry as little as possible with minimal agitation.
 - Bins, pails, trash cans and similar receptacles shall be inspected and decontaminated on a

regular basis.

Handwashing

- The most important work practice is HANDWASHING
- Good handwashing keeps you from transferring contamination from your hands to other surfaces you may contact later
- You should wash your hands:
 - Every time you remove gloves or other PPE
 - If skin or mucous membranes come in direct contact with blood or other body fluids wash and flush the area with water ASAP
 - Where handwashing facilities are not available use an antiseptic hand cleanser or antiseptic towelettes as a temporary measure only.

Personal Protective Equipment (PPE)

If you clean up blood or body fluids:

- Wear appropriate PPE
- You must be trained to use equipment properly. The equipment must be appropriate for the task, free from defects and fit properly, especially gloves
- Use a solution of a one part bleach to 100 parts water or $\frac{1}{4}$ cup bleach to one gallon of water.
- Disinfect mops and cleaning tools after the job is done
- The school system will issue PPE or make the gloves readily available.

Playing it Safe

- Accidents happen. If you are exposed to blood or body fluids immediately report the incident to your supervisor.
- The Blood Borne Pathogen (BBP) Control officer will evaluate the situation and complete a report of the incident.
- If the Blood borne incident is extensive and needs medical attention the BBP officer will complete paperwork.
- If you consent your employer will provide you with a confidential medical evaluation, blood tests, post exposure treatments and follow up counseling.

"The Three A's"

- Awareness - Know the facts about blood borne diseases so you can take sensible precautions.
- Attitude - React to an emergency not only with your heart, but with you mind
- Action - Take time to protect yourself while helping a child or co worker in need.

Students co workers and loved ones are counting on you.