



GLOW YMCA

Bloodborne Pathogens Training

Standard 29 CFR Part 1910.1030

Bloodborne Pathogens: What Are They?

Bloodborne pathogens are pathogenic microorganisms that are present in human blood and can cause disease to humans. Examples include HIV and Hepatitis B.

Why Are We Concerned?

Accidental contact with contaminated blood can infect a person who is providing first aid or who is cleaning up a spill of blood or other body fluid. For an infection to follow, one of the following must occur:

- The infected blood (or other fluid) comes into contact with broken skin (a cut, rash, abrasion, etc.)
- OR-
- The infected blood (or other fluid) comes into contact with a mucous membrane (eye, nose, mouth, etc.)

Either event is called an exposure incident

Exposure Potential

In our facility, you could be exposed to blood or other body fluid in the following ways:

- Caring for an ill or injured person who is experiencing bleeding or loss of other body fluid
- During a clean-up incident following an injury or illness in which bleeding or loss of another body fluid occurred

Universal Precautions

- We can not tell by looking at any individual if he or she is infected with a bloodborne pathogen
- Because we do not know if an individual is infected, we treat all blood and other body fluids *as if* they were infected
- This approach is called *universal precautions*. We *always* wear the required personal protective equipment (PPE) and take the appropriate cleaning and sanitation steps to prevent exposure to ourselves and to others
- **Any blood or body fluid should be treated as if it is contaminated**

Prevention of Exposure Incidents – 5 Steps

1. Always wear the required level of PPE when responding.
2. Clean and sanitize any surfaces that were in contact with blood or other body fluid.
3. Carefully remove and discard PPE.
4. Wash your hands with large quantities of soap and warm water immediately .
5. All persons trained and authorized to respond to incidents are eligible to receive the Hepatitis B vaccine.

Personal Protective Equipment

- **Safety glasses with side shields:** Required for all bloodborne pathogen responses
- **Face shield:** Use if blood or other fluid could splash, spray or become airborne
- **Disposable gloves:** Required for all BBP responses (double gloving is always recommended)
- **Apron/disposable suit and shoe covers:** Use if blood or other fluid could splash, spray or become airborne, or otherwise come in contact with the feet and body
- **Barrier mask/bag valve mask:** For CPR or mouth to mouth/nose/stoma breathing

Clean-up and Sanitation

1. Wear all required PPE.
2. Treat all spills, bandages, etc. with the sanitizing solution used by our facility.
3. Any material that has the potential to liberate liquid blood and or dust when dried should be placed in a red bio-hazard bag and that bag should be re-bagged (double bagged).
4. Wipe up the surfaces that were in contact with the spill using the sanitizer.

What to Do When Exposed

If another person's blood or body fluid comes into contact with your skin or mucous membranes (eyes, nose, mouth, etc.), follow these steps:

1. Wash skin with large amounts of soap and warm water.
2. Flush mucous membranes with large quantities of warm water.
3. Report the incident to your supervisor or program administrator.
4. Follow instructions. You will be provided with follow-up, confidential care (paid for by our facility).

Summary

- Unprotected contact with bloodborne-pathogen contaminated blood can transmit disease through contact with broken skin, eyes, nose, mouth, etc.
- Observe universal precautions: Always treat blood and other body fluids as if they are contaminated.
- Wear all necessary PPE.
- Clean and sanitize any spill area with sanitizer.
- Report any suspected exposure incident to your supervisor.

For More Information

Contact the YMCA Human Resource Department at kfisher@glowymca.org, or by phone: 585-344-1664.

Bloodborne Pathogens Training Acknowledgement Receipt

I have received a copy of the GLOW YMCA Bloodborne pathogens training. I understand that I am responsible for reading and abiding with the policies and practices described within it. I understand that this Bloodborne pathogens information replaces any and all prior handbooks, policies and practices of the YMCA.

I specifically acknowledge that I will read and comply with the YMCA's policies and practices described within which include, but are not limited to the following: Exposure potential, universal precautions, prevention of exposure incidents, personal protective equipment, cleanup and sanitation and what to do when exposed

I understand that the policies and practices contained in this training may be added to, deleted or changed by the YMCA at any time.

If I have any questions regarding the content or interpretation of this information, I will bring them to the attention of my supervisor

Training Material received and reviewed on:

Date

Employee Name (Printed)

Employee Signature

Supervisor Name (Printed)

Supervisor Signature

This statement will be retained in the Human Resources Department