



OSHA

OSHA! What is it?

OSHA stands for the Occupational Safety and Health Administration, an agency of the U.S. Department of Labor. OSHA's sole responsibility is worker safety and health protection.

This is also our goal, which is why we are providing this training.

Objectives

Participants will be able to:

- Identify the OSHA standards
- Understand the Bloodborne Pathogens Standards
- Learn the definition of standard precautions
- Identify the epidemiology and symptoms of bloodborne diseases (namely HIV and HBV)
- Learn information about work practice controls and the use of biohazard labels

Related OSHA Working Standards

Our employees are impacted by the following standards:

1. Hazard Communication
Right To Know
2. Bloodborne Pathogens
Hepatitis B
Standard Precautions
Exposure Control
3. Fire Prevention
Means of egress
Fire Protection
4. Walking and Working Surfaces
Slips, trips and falls



Hepatitis B: What You Need to Know

What is Hepatitis B?

Hepatitis B is a serious disease that affects the liver. It is caused by the hepatitis B virus (HBV). HBV can cause:

Acute (short-term) illness.

This can lead to:

- **Loss of appetite**
- **Tiredness**
- **Pain in muscles, joints, and stomach**
- **Diarrhea and vomiting**
- **Jaundice (yellow skin or eyes)**

Hepatitis (cont.)

Chronic (long-term) infection. Some people go on to develop HBV infection. This can be very serious, and often leads to:

- Liver damage (cirrhosis)
- Liver cancer
- Death
- Chronic infection is more common among infants and children than among adults. People who are infected can spread HBV to others, even if they don't appear sick.

Hepatitis (cont.)

- In 2005, about 51,000 people became infected with hepatitis B.
- About 1.25 million people in the United States have HBV infection.
- Each year about 3,000 to 5,000 people die from cirrhosis or liver cancer caused by HBV.

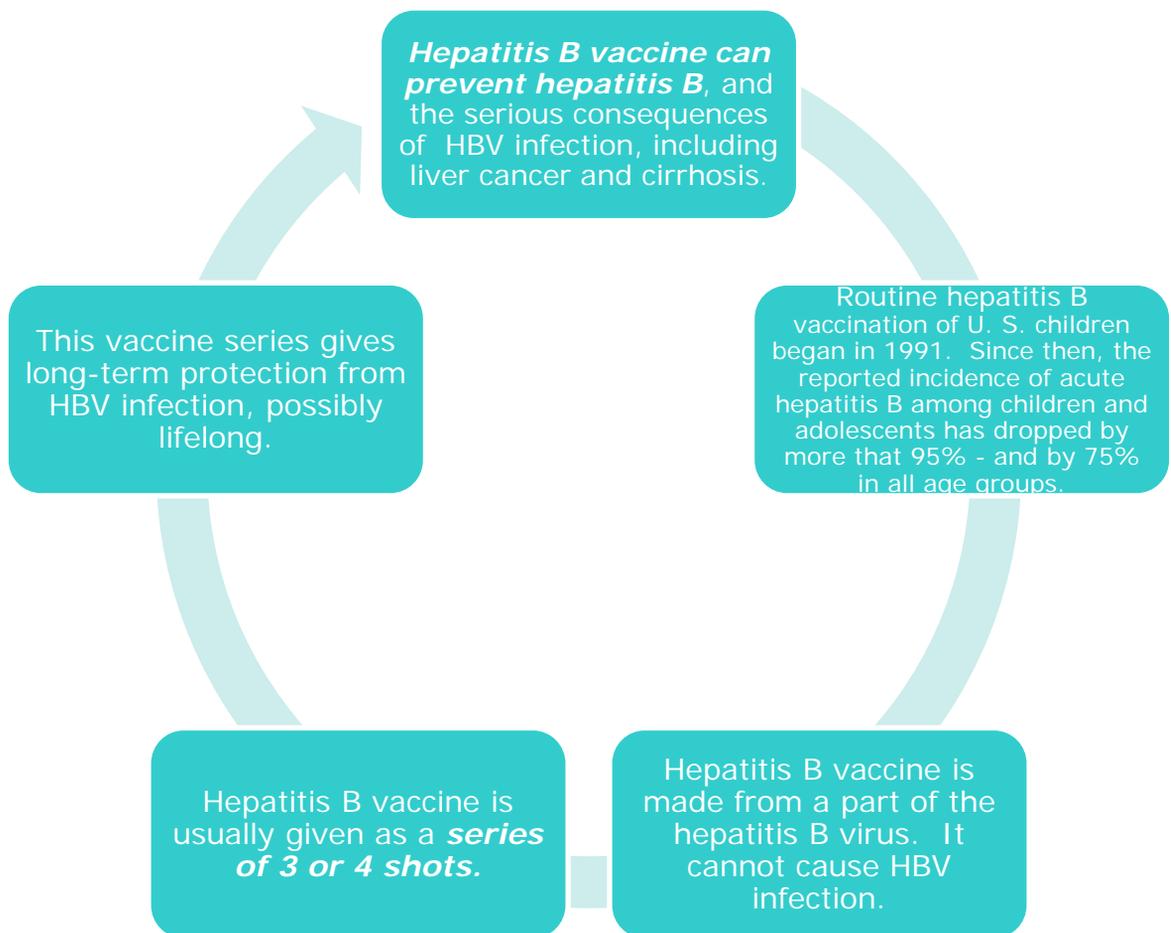


How Hepatitis B is Contracted

Hepatitis B virus is spread through contact with the blood or other body fluids of an infected person. A person can become infected by:

- Contact with a mother's blood and body fluids at the time of birth.
- Contact with blood and body fluids through breaks in the skin such as bites, cuts, or sores.
- Contact with objects that could have blood or body fluids on them such as toothbrushes or razors.
- Having unprotected sex with an infected person.
- Sharing needles when injecting drugs.
- Being stuck with a used needle on the job.

Why get Vaccinated?



Who should get the Hepatitis B Vaccine and When?

- Children and Adolescents
- All children should get their first dose of hepatitis B vaccine **at birth** and should have completed the vaccine series by 6-18 months of age.
- Children and adolescents through 18 years of age who did not get the vaccine when they were younger should be vaccinated.
- Anyone else who wants to be protected from HBV infection may be vaccinated.
- Adults
- All unvaccinated adults **at risk for HBV infection** should be vaccinated. This includes:
 - Sex partners of people infected with HBV
 - People who inject street drugs
 - People with more than 1 sex partner
 - People with chronic liver or kidney disease
 - People with jobs that expose them to human blood
 - Residents and staff for the mentally disabled
 - Kidney dialysis patients
 - People with HIV infection

Who should NOT get Hepatitis B Vaccine

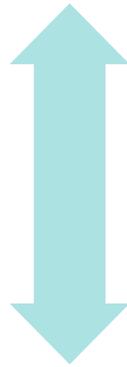
Anyone with a life-threatening allergy to ***baker's yeast***, or to any other component of the vaccine, should not get hepatitis B vaccine. Tell your provider if you have any allergies.

Anyone who has had a life-threatening allergic reaction to a ***previous dose of hepatitis B vaccine*** should not get another dose.



Who should NOT get Hepatitis B Vaccine (cont.)

Anyone who is *moderately or severely ill* when a dose of vaccine is scheduled should wait until they recover getting the vaccine.



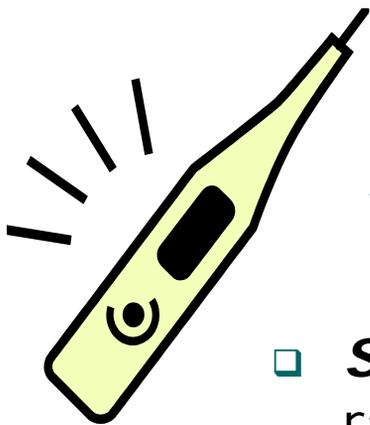
Pregnant women who need protection from HBV infection may be vaccinated.

Risks

- ❑ Hepatitis B is a very safe vaccine. Most people do not have any problems with this vaccine.
- ❑ The following ***mild problems*** have been reported:

- ✓ Soreness where the shot was given (up to about 1 person in 4).
- ✓ Temperature of 99.9F or higher (up to about 1 person in 15).

- ❑ ***Severe problems*** are extremely rare. Severe allergic reactions are believed to occur about once in 1.1 million doses.



Risks (cont.)

- A vaccine, like any medicine, *could* cause a serious reaction. But the risk of a vaccine causing serious harm, or death, is extremely small.
- More than 100 million people have gotten Hepatitis B vaccine in the United States.



What if There is a Moderate or Severe Reaction?

- What to look for:
 - Any unusual conditions, such as a high fever or behavior changes.
 - Signs of a serious allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, or a fast heartbeat.
- What to do:
 - **Call** a doctor, or get the person to a doctor right away.
 - **Tell** your doctor what happened, the date and time it happened, and when the vaccination was given.
 - **Ask** your doctor, nurse, or health department to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form.



Learn More

- Ask your doctor or nurse. They can give you the vaccine package insert or suggest other sources of information.
- Call your local or state Health Department.
- Contact the Centers for Disease Control and Prevention.

*Information statement from the CDC (Center for Disease Control)



Preventive Measures

- Preventive measure for staff that is **LIKELY** to be exposed to blood or body fluids is the HEPATITIS B vaccine.
- We offer this vaccination to you.
 - ✓ You may schedule and receive your 1st shot during Orientation
 - ✓ Scheduling of your 2nd and 3rd shot will be dependent on your place of employment.
 - ✓ We will notify you of the due dates and may also send you a reminder.



Bloodborne Pathogens

- ALL BLOOD OR BODY FLUIDS MUST BE CONSIDERED POTENTIALLY INFECTIOUS AT ALL TIMES.
- This means that all human blood and body fluids and other potentially infectious materials (OPIM) are to be treated as if they were infected with AIDS/Human Immunodeficiency virus or Hepatitis B (HBV).
- Employees should take all precautions to protect themselves as well as others.

Employee Exposure Determination

- Each job position has been evaluated to determine if the position requires the performance of any duty that involves exposure, and/or potential exposure to blood, body fluid, or tissues.
- Job positions have been classified as follows:

Exposure to Blood/body Fluids Likely:

- Physicians
- Nurses
- Allied Health Professionals
- Residential Service Staff/Direct Support Personnel
- Program Department Staff
- Housekeeping Staff
- Interns (Program)
- QMRP's/Program Specialists
- Maintenance Staff
- Psychology Staff
- Dentist and Dental Staff
- Laundry Staff
- Transportation/Drivers

Exposure to Blood/Body Fluid Not Likely:

- Administrative Staff
- Fiscal Staff
- Human Resource Staff
- Food Service Staff
- Volunteers
- Records Staff
- Pharmacists
- Quality Management Staff
- Secretaries/Receptionists

Important Procedures and Work Practices

- When an individual has an infection or is ill, the nurse, medical coordinator or manager will let you know the specific instructions to prevent the infection or disease from spreading. You will receive a “Communicable Disease Form” or communication which will list step-by-step precautions.
- If you have open cuts, wounds, or dermatitis, you must keep the area covered. When coming in contact with any body fluid, cover the area and wear gloves.

Exposure Control Plan

- In ICF/MR settings this manual is reviewed annually and you will receive annual training.
- In Community Homes the OSHA manual is readily available.
- We have developed work practices to eliminate or minimize your exposure, but you have to know and follow these preventive measures and use protective equipment when performing certain tasks.



Methods to Reduce Exposure

- Engineering Controls
- Work Practice Controls
- Personal Protective Equipment

**What are these and
what do they
mean to you in YOUR
workplace?**

Methods to Reduce Exposure

- **Engineering controls** are practices that limit and/or remove the hazard from the workplace. One such practice is placing needles and sharp equipment in puncture-resistant containers*. Engineering controls, once in place, should be maintained and re-evaluated periodically.
- **Work practice controls** refer to the way a task is carried (behavior) out by the employee or employer. Washing hands thoroughly with soap and water after performing a task that involves bodily fluids, removing soiled protective clothing as soon as possible, and keeping work areas in a clean and sanitary condition.

* Employees who must self-administer injections or blood tests with needles or lancing devices (i.e. diabetics) must utilize the appropriate biohazard sharps containers for disposal of these items. If there is not a sharps container available at your site, please discuss this with your supervisor before performing the injection or blood test.

Personal Protective Equipment

- Gowns
- Gloves-sterile, non-sterile, heavy duty or puncture resistant
- Masks
- Eyewear, such as goggles or face shields



PPE/OSHA Kit (sample kit)

- 4 pairs of non-toxic latex gloves
- 1 red biohazard bag
- 2 face masks
- 2 gowns/aprons
- 1 pair of goggles



- The most common personal protective equipment you'll be using is GLOVES. You must change gloves or other protective equipment after each contact with body fluid.

* *Makes sure that you ask your supervisor where the PPE kit is located*

Procedures and Work Practices

- You must wash your hands before and after each contact with an individual and after feeding , changing or providing personal care before going on to the next person.
- Reinforce the importance of teaching our individuals to prevent and control the spread of infection.



Hand Washing Techniques

- With your hands angled downward under the faucet, adjust water temperature until warm.
- Work up lather by scrubbing vigorously for at least 30 seconds. Be sure to clean beneath fingernails, around knuckles and along sides of the fingers and hands.



Hand Washing Techniques

- Rinse your hands completely to wash away suds and microorganisms and pat dry with a paper towel.
- To prevent re-contaminating your hands on the faucet handles, use a paper towel to turn off the faucet.
- Waterless Hand Sanitizer may be used in place of hand washing with soap and water if the hands are not visibly soiled.



Contaminated Laundry

- Handle infectious waste or contaminated articles with disposable gloves and red bag them.
- If the outer surface of the bag is wet or leaking, double bag it.
- Place in an infectious waste container.
- Remove gloves and dispose of them properly.
- Use proper hand washing techniques.



Procedures for Laundry Contaminated with Blood

- DO NOT OVERLY HANDLE
- If it is a lot of laundry, i.e. bedclothes, using gloves, wash it right away.
- If its something small, DO NOT RINSE IT.
 1. Using gloves, bag it separately, mark it "CONTAMINATED"
 2. Put it with the regular laundry
 3. When its time to do the laundry
 4. Launder these items separately
 - Remember to use gloves and bag it where it was used. Do not carry from one place to another.
 - Place it in the bag with a label marked "Contaminated"
 - Use gloves to launder it separately



Soiled Laundry

- Soiled laundry, which is clothing or bedclothes that contain URINE/FECES with no visible signs of blood should not be confused with CONTAMINATED laundry.
- Soiled laundry must be placed in a bag prior to putting it in the dirty laundry receptacle. If it is overly wet, you want to make sure that you double-bag it. DO NOT MARK SOILED LAUNDRY AS “CONTAMINATED”. Follow proper hand washing techniques.

Contaminated Materials

- ❖ **Containers containing:**

Bio-hazardous (contaminated/regulated) materials will and must be marked with an orange biohazard label or tag. These containers are picked up, and they are additionally packaged, tagged, and sealed prior to disposal.

- ❖ A Red bag or red container may also be used to alert you that hazardous materials are near and to prevent accidental injury or illness.

Exposure to Infectious Body Fluid

- **Significant exposure would be:**
 - ✓ A human bite resulting in broken skin
 - ✓ A needle stick injury
 - ✓ Splashing of blood or body fluids to the face
 - ✓ Your skin being exposed to a large amount of blood for an extended period of time.
 - ✓ If blood is exposed to an open area; for example, dermatitis, an open wound or cut you may have.

Exposure

- **If your skin is exposed you should:**
 - ✓ Stop doing the procedure or task as soon as it is safe to do so.
 - ✓ Wash the exposed area thoroughly with soap and running water.
 - ✓ Wash your hands AND
 - ✓ Report the incident IMMEDIATELY.



Reporting Exposure

- For any accident, injury, or exposure, report it to your supervisor or Department head, immediately.
- For every accident or injury you would complete a “Internal Accident Report” or “Incident Report” form and a “Worker’s Compensation Employee Notification” form AND for a blood/body fluid exposure you would also complete an “Exposure Report” form.



Sickness

- Please remember that you are required to notify your supervisor if you get the following:
 - Severe diarrhea illness (with fever, abdominal cramps, bleeding)
 - Diarrhea lasting longer than 24 hours
 - Diagnosed Streptococcal (Group A) sore throat
 - Skin lesions which are infected; especially on exposed body parts
 - Acute respiratory infection or influenza

Sickness (continued)

- An active infection with, or exposure to, Hepatitis
 - Measles (if the employee is not immune)
 - Mumps
 - Rubella
 - Varicella Zoster-Chicken pox, shingles virus (if the employee is not immune)
 - Fever, fatigue, weight loss and cough
 - Coughing blood or night sweats
 - Someone that you have come in close contact w/or is diagnosed with active meningitis or tuberculosis
- ❖ *This is to ensure the employees health and the health of our individuals is addressed.*

Conclusion

- Wear gloves if YOU have open cuts, wounds, dermatitis, etc. Also, keep these areas covered.
- Wear gloves when changing individuals and when coming in contact with urine and/or feces.
- Wear gloves when bathing individuals to prevent the spread of infectious disease.



Conclusion

- WASH HANDS, WASH HANDS:
 - Before and after caring for each individual
 - Before and after feeding each individual
 - If you sneeze or wipe your nose
 - If you wipe someone else's nose
 - Before applying cosmetics or lip balm
 - Before handling contact lenses or wiping your eyes
 - Before and after you use the restroom

Conclusion (continued)

- If you are exposed to blood or body fluids, report it immediately to your supervisor and fill out “Internal Accident Report” and an “Exposure Report Form” so that treatment can be given. You will also be given the medical treatment, follow-up and counseling necessary for your care.
- NEVER handle blood or body fluids without gloves.
- For blood spills on hard surfaces, household bleach may be used per standard guidelines. Blood spill and surface clean-up supplies may also be available at your site.

Conclusion (continued)

- If you have any questions about the handling of body fluids or about a precaution, ask your supervisor or the nurse, BEFORE performing the task.
- Take time to do things right and remind others to follow safe procedures. Teamwork is important. We all need to make sure that we have a safe and healthy workplace.
- By developing our own Standard Precaution and conducting yearly trainings, we are complying with OSHA Bloodborne Disease Standard.

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Approved 10/08 CE
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Have all of your questions been answered? We will gladly clarify any information that may be unclear to you at this time.

