

BLOODBORNE PATHOGENS TRAINING FACT AND SKILL SHEET

Bloodborne pathogens are disease-causing agents present in blood and other potentially infectious materials. Other potentially infectious materials are human body materials other than blood that could carry bloodborne pathogens. Other potentially infectious materials are defined by the Occupational Safety and Health Administration (OSHA) as:

- Human body fluids including cerebrospinal fluid, synovial fluid, pleural fluid, pericardial fluid, peritoneal fluid, amniotic fluid, saliva in dental procedures, any body fluid that is visibly contaminated with blood, semen, vaginal secretions, and all body fluids in situations where it is difficult or impossible to differentiate between body fluids.
- Any unfixed tissue or organ (other than intact skin) from a human (living or dead).
- Cell, tissue or organ cultures that contain human immunodeficiency virus (HIV); culture medium or other solutions that contain HIV or hepatitis B virus (HBV); and blood, organs, or other tissues from experimental animals infected with HIV or HBV.

For infection to occur, blood or other potentially infectious materials from an infected person must enter another person's bloodstream via the eyes, the mucous membranes (such as those that line the mouth and nose) or an area of broken skin. This can occur through direct or indirect contact:

- **Direct contact:** A bloodborne pathogen is passed from one person to another through close physical contact between two people.
- **Indirect contact:** A bloodborne pathogen is passed from one person to another via a surface or object contaminated with an infected person's blood or other potentially infectious material.

Some bloodborne pathogens pose particular risk because they can have long-term effects on a person's health. These include hepatitis B virus (HBV), hepatitis C virus (HCV), and human immunodeficiency virus (HIV).

To lower the risk for the transmission of bloodborne pathogens in the workplace:

- Follow standard precautions (treat all blood and other potentially infectious materials as if they are known to be infectious).
- Familiarize yourself with your employer's exposure control plan. Use the tools (engineering controls) and follow the procedures (workplace controls) as specified in the exposure control plan to protect yourself and others from exposure.
- Use appropriate personal protective equipment (PPE) as specified in your employer's exposure control plan and whenever there is a possibility of coming into contact with blood or other potentially infectious materials. Remove PPE, such as latex-free disposable gloves, using proper technique to avoid contaminating your own skin or clothing.

- Wash your hands using proper technique according to your employer's guidelines. At minimum, wash:
 - Before providing care (if possible), and always after providing care, even if you wore gloves.
 - After touching blood, other potentially infectious materials or broken (non-intact) skin.
 - After touching objects or surfaces that could be contaminated with blood or other potentially infectious materials.
 - After removing gloves or other PPE.
 - Before and after eating and drinking.
 - After using the restroom.
- Follow your employer's procedures for disposing of single-use equipment and supplies, and for cleaning and disinfecting reusable equipment and surfaces.
- Know how to respond to an exposure incident, as specified in your employer's exposure control plan.

Skill Sheet

Removing Latex-Free Disposable Gloves

1. Pinch the palm side of one glove on the outside near your wrist.



2. Pull the glove toward your fingertips, turning it inside out as you pull it off your hand.



3. Hold the glove in the palm of your other (still-gloved) hand.



Skill Sheet

Removing Latex-Free Disposable Gloves continued

4. Carefully slip two fingers under the wrist of the other glove. Avoid touching the outside of the glove.



5. Pull the glove toward your fingertips, turning it inside out as you pull it off your hand. The other glove is now contained inside.



6. Dispose of the gloves properly and wash your hands.

