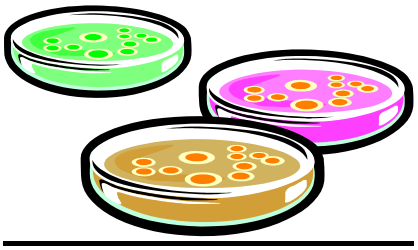


Annual Bloodborne Pathogen Inservice

Granite Falls School District

Instructions for Viewing Online Bloodborne Pathogen (BBP) Inservice

- This year the mandatory annual BBP inservice will be available online for all returning employees, and all employees who are hired after the start of the school year. Employees who are hired at the beginning of the school year will receive their initial training at the New Employee Orientation in August. Employees hired after the Orientation need to complete their BBP inservice within 10 days of beginning work.

- Please read the following document and complete the short quiz .

- You will need to print the quiz page, fill in the answers, and sign and date it. Specific instructions are located on the quiz page. The District is required to keep a record of all employees training for BBP.

- **Employees within certain job categories have until October 31, each school year, or within 10 working days for new employees hired after August, to complete this required inservice.**

We encourage all GFSD employees to complete this inservice.

- Thank you for your cooperation as we explore new options for presenting mandatory inservices. Online inservicing allows you to complete the required inservice at you own pace. We hope you find this to be a benefit during the sometimes hectic school year.

- If you have any comments or questions please contact our school nurse, Colette Dahl, RN at 425-422-9732 or by email: cdahl@gfalls.wednet.edu

Welcome

- Annual training is required for all employees who can reasonably anticipate contact with blood or potentially infectious body fluids while at work.

- Washington State law requires that every school district have a written Exposure Control Plan. In addition, the Washington Industrial Safety and Health Administration (WISHA) bloodborne pathogen standard applies to all employees, including student employees.

- It is important for everyone in an educational setting to understand the dangers of infection, and be knowledgeable about available safety procedures to limit risk of exposure to infectious materials.

- A copy of the GFSD Exposure Control Plan is available to you for review at anytime. It can be viewed online through the GFSD website. Or you can contact the District Office for a copy.

- Please contact our school nurse with **any** questions you may have regarding information covered in this inservice.

Diseases of Bloodborne Pathogens

Bloodborne pathogens are microorganisms such as viruses or bacteria that are carried in blood and other body fluids and cause disease in people. These pathogens include, but are not limited to, Hepatitis B Virus (HBV), Hepatitis C Virus (HCV) and Human Immunodeficiency Virus (HIV).

Hepatitis B (HBV)

"Hepatitis" means "*inflammation of the liver,"* and, as its name implies, Hepatitis B is a virus that infects the liver. There is no "cure" or specific treatment for HBV, but many people who have the disease will develop antibodies, which help them get over the infection and protect them from getting it again. It is important to note, however, that there are different kinds of hepatitis, so infection with HBV will not stop someone from getting another type. The Hepatitis B virus is very durable, and **it can survive in dried blood for up to seven days.** For this reason, this virus is of concern for employees such as housekeepers, custodians, and other employees who may come in contact with blood or other potentially infectious materials in a non-first aid or medical care situation.

Symptoms:

The symptoms of HBV are very much like mild "flu": loss of appetite, nausea, and vomiting, abdominal pain. As the disease continues to develop, jaundice (yellow skin) and darkened urine will often occur. Most people recover from the first incident, but up to 5% of adults in the US become chronic carriers of HBV and are infectious indefinitely. After exposure it can take 1-9 months before symptoms become noticeable.

Hepatitis C (HCV)

Hepatitis C virus (HCV) infection is the most common chronic bloodborne infection in the United States. Most people with this virus are chronically infected and might not be aware of their infection because they are not clinically ill.

HCV is transmitted primarily through exposure to infected blood and other body fluids. Risk factors include past blood transfusion, current use of injectable drugs, and exposure from a sex **partner.**

Symptoms:

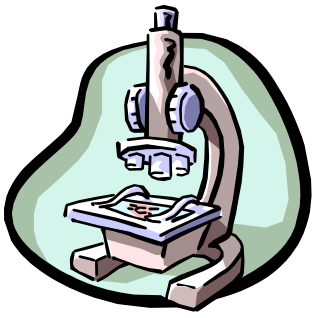
Most patients have no symptoms of the infection and up to 80% will have a chronic condition. About 20% of those folks will develop severe liver damage—cirrhosis of the liver. There is currently no treatment to cure HCV infection.

If symptoms are present, they include mild fatigue, poor appetite, joint and body aches, nausea, and mild abdominal discomfort.

Human Immunodeficiency Virus (HIV)

A virus called the human immunodeficiency virus, or HIV, causes AIDS-- Acquired Immune Deficiency Syndrome. Once a person has been infected with HIV, it may be many years before AIDS actually develops. HIV attacks the body's immune system, weakening it so that it cannot fight other diseases. AIDS is a fatal disease, and while treatment for it is improving, there is no known cure.

The HIV virus is very fragile and will not survive very long outside of the human body. It is primarily of concern to employees providing first aid in situations involving fresh blood or other potentially infectious body fluids. Because it is such a devastating disease, precautions must be taken to avoid exposure in every situation involving blood or body fluids.



Symptoms:

Symptoms of HIV infection can vary, but often include weakness, fever, sore throat, nausea, headaches, diarrhea, a white coating on the tongue, weight loss, and swollen lymph glands. Some infected people do not have symptoms for many years.

Studies show that 50% of HIV-infected people are diagnosed with AIDS within 10 years after infection.

Modes Of Transmission

Bloodborne pathogens such as HBV, HCV and HIV can be transmitted through contact with infected human blood and other potentially infectious body fluids such as: semen, vaginal secretions, saliva (except HIV), and any body fluid that is visibly contaminated with blood.

It is important to know how exposure and transmission are most likely to occur in your job duties.

HBV and HIV are most commonly transmitted through:

- Sexual Contact
- Sharing of hypodermic needles
- From mothers to their babies at/before birth
- Accidental puncture from contaminated needles, broken glass, or other sharps
- Contact between broken or damaged skin and infected body fluids
- Contact between mucous membranes and infected body fluids

Anytime there is blood-to-blood contact with infected blood or body fluids, there is a potential for transmission. Unbroken skin forms the best barrier against bloodborne pathogens. However, infected blood can enter your system through open sores, cuts, abrasions, acne or damaged or broken skin such as sunburn or blisters.

Bloodborne pathogens may also be transmitted through the mucous membranes of the eyes, nose, or mouth. For example, a splash of contaminated blood to your eye, nose, or mouth could result in transmission.

Exposure Control Plan (ECP)

OSHA requires that every school system have a written Exposure Control Plan (ECP) that's made available to every school employee. The ECP can be found on the GFSD website, and in the GFSD District Office and the health rooms.

The Exposure Control Plan will:

- Identify personnel at greatest risk of exposure.
- Analyze the potential hazards of each job.
- Determine what measures will be taken to reduce the risk of exposure to BBP on the job.
- State measures to take if an exposure to BBP has occurred.

Reducing Your Risks

Reducing your risk of exposure to bloodborne pathogens means you need to do more than wear gloves. To protect your self effectively use:

- Engineering control
- Work Practice control
- Personal protective equipment
- Housekeeping
- Hepatitis B vaccine
- Good daily health practices for overall health

Engineering Controls

Engineering controls are mechanical systems in place in our schools to minimize hazards at the source. Their effectiveness usually depends on your using them appropriately. Examples of

engineering controls are sharps containers, red biohazard bags, and isolyzer.

- **Sharp containers** are puncture resistant, leak proof containers used for disposal of contaminated broken glass, needles or lancets. Sharps containers are located in each health office. They are bright red.
- **Red biohazard bags** are used for disposal of bloody waste material such as dressings. Bloody materials need to be placed in a biohazard bag if the blood is dripping, pouring, squeezable or flaking from the contaminated material. If it does not meet one of these requirements, it can be disposed in the standard wastebasket. Biohazard bags can be obtained from the custodial staff or the school nurse.
- **Isolyzer,** like Sorbitrol ®, is a powder that converts liquid contaminated waste into treated solid waste. The waste then can be scooped and placed in a biohazard container. Sorbitrol bags are in each health room.

Biohazard Sign

This the universal symbol for biohazardous materials. Watch for this florescent orange-red label.

This symbol warns you that the container holds blood or other potentially infectious material.

Work Practice Controls

Work practice controls are specific procedures you must follow on the job to reduce your exposure to blood or other potentially infectious materials. These practices include the use of universal precautions, personal hygiene and handwashing.

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UNIVERSAL PRECAUTIONS

Most approaches to infection control are based on the concept of Universal Precautions-- treating all blood and body fluids as if they are infectious. **Remember that there are many people with infectious diseases who have no visible symptoms and no knowledge of their condition**. Using Universal Precautions resolves this uncertainty by requiring you to treat **all** human blood and body fluid as if they were known to be infected with HIV, HBV or other bloodborne pathogens. The most common form of universal precautions is the use of gloves when coming into contact with someone who is bleeding or may be bleeding.

PERSONAL HYGIENE

Here are some controls based on personal hygiene that you must follow to decrease your risk of exposure. Do not eat, drink, smoke, apply cosmetics or lip balm, or handle contact lenses where there is a reasonable likeliness of occupational exposure, such as when attending to an injured student or co-worker.

Minimize splashing, spraying, spattering and generation of droplets when attending to an injured student or co-worker. Do not keep food or drink in refrigerators, freezers,
shelves, cabinets, or on countertops where blood or other potentially infectious materials are present.

HANDWASHING

The most important work practice control is handwashing. Good handwashing keeps you from transferring contamination from your hands to other parts of your body or other surfaces you may contact later. You should wash your hands with non-

abrasive soap and running water every time you remove your gloves and other personal protective equipment. If your skin or mucous membranes come in direct contact with blood or other body fluids, wash or flush the area with water ASAP. Where handwashing facilities are not available, such as the playground, use antiseptic towelettes or gel hand cleanser. Gel won't remove dirt or soil, so you must still wash your hands with soap and running water as soon as you can.

To prevent illness, wash your hands frequently throughout the day and definitely before eating, after using the restroom, before going home for the day, and after you cough or sneeze into your hands.

Personal Protective Equipment (PPE)

The type of personal protective equipment (PPE) appropriate for your job varies with the task and the type of exposure you anticipate. Equipment that protects you from contact with blood or other potentially infectious materials may include gloves, masks, gowns, face shields, goggles and/or resuscitation (CPR) mouthpieces.

PPE must be appropriate for the task and fit properly to protect you from BBP. You must use appropriate PPE each time you perform a task with potentially infectious material. PPE is considered appropriate if it doesn't permit blood or other potentially infectious material to pass through or reach clothing, skin, eyes, mouth or other mucous membranes under normal conditions.

Gloves are the most commonly used PPE. Gloves should be made of latex, nitril, rubber, vinyl or other waterproof materials. If you have cuts or sores on your hands, you should cover these with a bandage or similar protection as an additional precaution before putting on your gloves. You should always inspect your gloves for tears or punctures before putting them on. **Don't use a damaged glove!**

Glove Removal:

Gloves should be removed when they become contaminated or damaged, or immediately after finishing the task. You must follow a safe procedure for glove removal, being careful not to contaminate your hands.

- With both hands gloved, peel one glove off from top edge (near the wrist) to bottom and hold it in the gloved hand. Glove will be inside out.
- With the ungloved hand, make a cuff at the wrist of the other glove, and pull the second glove from the cuff down to the fingers, tucking the first glove inside the second.
- Dispose of the entire bundle promptly.
- Never touch the outside of the glove with bare skin.
- After removing gloves, wash your hands with soap and running water.
- Dry gently with a paper towel and discard towel in trash

Goggles and Face Shields:

Anytime there is a risk of splashing or vaporization of contaminated fluids, goggles, face shields and/or other protection should be used to protect your face. Splashing could occur while cleaning up a spill, or while providing first aid or medical assistance. This is not very likely in a school setting.

Aprons/Cover Gowns:

Aprons/gowns may be worn to protect your clothing and to keep blood or other contaminated fluids from soaking through to your skin.

Normal clothing, including a sports uniform that becomes contaminated with any blood should be removed as soon as possible because fluids can seep through the cloth and come into contact with skin.

Clothing Penetrated With Blood/Body Fluids/OPIM (Other Potentially Infectious Materials) May Not Be Taken Home For Laundering

When personal clothing is contaminated, remove the contaminated clothing in such a way to avoid contact with the outer surface, (by rolling up the garment as it is pulled away from the body for removal, or as it is pulled toward your head to prevent exposure to your face). Place contaminated clothing in a red bag and close securely. Wash well any areas that have come in contact with contaminated clothing.

Mark the bag containing your contaminated clothing with your name and school, then take the soiled clothing to the nearest school laundry area.

Be sure that the contaminated laundry is washed separately from any other laundry, and that hot water and detergent are used. Bleach may be needed to remove some stains. Dry on warm or hot setting.

Housekeeping

HANDLING BLOOD SPILLS

1. Clear all traffic in immediate area of spill and contact custodial staff for proper cleaning as described below.

2. Custodial staff will:

- Put on latex gloves (gown, goggles and mask may be needed if splashes are probable).

- Wipe up all liquid spills with paper toweling or cloth toweling, as needed. If the towel absorbs all the blood and is **not** drippable, pourable, squeezable, or flakable, discard paper towels into plastic bag-lined wastebasket. Put any

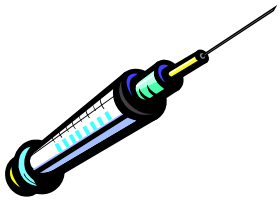
washable cloth or toweling into a separate bag. Otherwise, discard paper towels into red biohazard bag.

- All contaminated areas must be cleaned and decontaminated with an appropriate disinfectant or a 10% bleach to water solution as soon as possible after contact with blood or OPIM. (Combine 1-1/2 cups household bleach with 1 gallon of water for a 10% bleach solution.)
- Never pick up broken glass with bare hands. Always wear utility gloves, and use tongs or a scooper.
- Place any contaminated sharp objects in a sharps container.
- Handle contaminated laundry as little as possible. Place soiled laundry in a labeled leak-proof container to indicate laundry as contaminated before sending to be laundered.

Hepatitis B Vaccinations

Employees who have routine exposure to bloodborne pathogens (such as nurses, first aid responders, custodians, those who perform medical procedures or handle student laundry, coaches, PE teachers) are offered the Hepatitis B vaccine series at no cost to themselves unless:

- They have previously received the vaccine series.
- Antibody testing has revealed they are immune.
- The vaccine is contraindicated for medical reasons.



The series consists of 3 vaccinations given over a 6- month period of time. Although your employer must offer the vaccine to you, you do not have to accept this offer. If you decline, will be asked to sign a declination form. **Even if you decline the initial offer, you may choose to receive the series at anytime during your employment**. For example, if you are exposed on the job at a later date, of if your job assignment change, you may wish to

receive the HBV vaccine. When the vaccine is administered immediately after exposure it is extremely effective at preventing the disease. There is no danger of contracting the disease from getting the vaccine, and once vaccinated, a person does not need to receive the series again.

Post Exposure Follow Up

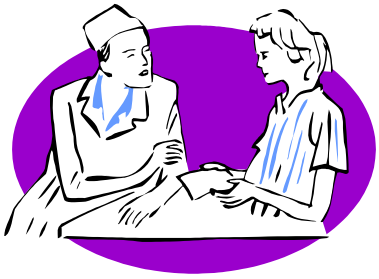
If you are exposed to bloodborne pathogens while at work, follow these steps:

1. Seek first aid (as soon as possible) after the incident occurs
2. Wash/flush area exposed to BBP with soap and water.
3. Inform your supervisor or designee immediately of exposure.
4. Fill out an accident form and a school exposure incident investigation form, which are located in the Exposure Control Plan manual, and are available from each school office or at the GFSD District Office.
5. Seek medical attention from your own physician or local emergency room.
6. Inform school nurse (425-422-9732).

Protecting yourself from bloodborne diseases on the job requires knowing the facts and taking sensible precautions. We hope that this inservice has provided you with the knowledge and skills needed for a safe work environment in the Granite Falls School District.

Contact our school nurse with any questions you may have about this inservice:

Colette Dahl, RN
Phone: 425-422-9732 or ext. 3009 from inside the District
Email: cdahl@gfalls.wednet.edu



Now it’s time for you to take the BBP self-study inservice quiz. Please print the quiz, which is on the next page.

Return your completed quiz to Colette Dahl, District Nurse via District mail routing to the High School.

Directions: Print your quiz, circle the correct answer, sign and date on the bottom and *return to Colette Dahl, District Nurse, route to High School via district mail* to be recorded.

To self-correct your quiz, continue on the next page.

1) True False Human Immunodeficiency Virus (HIV) is the only infectious disease carried by the blood that you should be concerned with.

2) True False Annual training is required for all employees who can reasonably anticipate contact with blood or other potentially infectious body fluids while at work.

3) True False The Exposure Control Plan manual is located on the healthrooms, and in the District Office, and is available to every employee.

4) True False The Hepatitis B virus can survive in dried blood for up to seven days.

5) True False Universal Precautions are to be used only when there is a chance of contacting the blood of a person at high risk for a bloodborne disease.

6) True False Frequent and thorough handwashing is the number one defense against transmission of disease.

7) True False Transmission of blood borne pathogens can occur through: broken skin (open sores, cuts), and by contact with mucous membranes of the eyes, nose and mouth.

8) True False There is no need to wash your hands after removing your disposable gloves.

9) True False Hepatitis B Vaccine will protect you from all types of viral hepatitis.

10) True False If you have an exposure to a bloodborne pathogen while at work, contact your supervisor immediately.

_____ _____

Name (Please Print) School or department

_____ _____

Signature Date