



Wellness Services

Screenings

Biometric
Cholesterol
Diabetes
Colo-rectal cancer
PSA

Specialized Programs

Health risk appraisals
Immunizations
Smoking cessation
Customized worksite programs
Drug free worksite
Special exams

Education

CPR/First Aid training
AED programs
Wellness coaching
Health fairs
Wellness education

Incentive Programs

Wellness At Work

A MED-1 Occupational Health System publication promoting health and wellness in the workplace.

Exposure Control Planning for Blood Borne Pathogens

Exposures to blood and other body fluids occur across a wide variety of occupations. Health care, emergency response and public safety personnel, and other workers can be exposed to blood through needle stick and other sharps injuries, mucous membrane, and skin exposures. The pathogens of primary concern are the human immunodeficiency virus (HIV), hepatitis B virus (HBV), and hepatitis C virus (HCV).

A blood borne pathogens exposure prevention plan is an important part of understanding and preventing exposures and is required by the Occupational Safety and Health Administration (OSHA). The National Institute for Occupational Safety and Health (NIOSH) provides brochures and guidelines to developing a plan for your workplace.

According to NIOSH, an exposure control plan should include:

1. A written policy for protecting employees from BBP exposures;
2. Documentation of the administration plan for the program;
3. A list of employee exposure determinations to help identify the likelihood of exposure to blood and body fluids;
4. Universal precautions for treating all potential infections;
5. Employee education and training information;
6. Facility-specific methods for control of BBP, including engineering controls, personal protective equipment, and work practice controls;

7. Post-exposure reporting, evaluation, counseling and follow-up procedures;
8. Procedures for evaluating circumstances surrounding an exposure incident; and,
9. Recordkeeping, including compliance monitoring and annual plan updates.

To help improve your plan and avoid common problems, NIOSH recommends you:

- ✓ Proactively inform workers of your plan and where it is located;
- ✓ Designate a person to be in charge of implementing the plan;
- ✓ Involve workers and solicit their input when selecting new PPE devices;
- ✓ Be specific about how you will implement controls; and,
- ✓ Clarify for workers how PPE can help control risk of exposure.

More Information...

For information and assistance in developing an Exposure Control Plan, visit:

www.cdc.gov/niosh/topics/bbp

www.osha.gov/publications/osha3186.html

You can also rely on MED-1 to provide more information on preventing exposures in your work environment because we see your employees every day and know how important health and safety is to you.

For more information, contact Mary Alice Ehrlich at 616.459.1506
maehrlich@med1services.com.

Wellness at Work is a informational publication provided by MED-1 Occupational Health System to facilitate health and wellness initiatives for employees. For more information on any topics presented, a Spanish version, or to access additional copies of current or past issues, contact Tammie Milligan at 616.459.1570 or go to — www.med1services.com.

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Protect Yourself From Blood Borne Pathogens

If you are exposed to the blood or other body fluid, immediately follow these steps:

- ⇒ Wash needle sticks and puncture wounds with soap and water.
- ⇒ Flush splashes to the nose, mouth, or skin with water.
- ⇒ Irrigate eyes with clean water, saline, or sterile wash.
- ⇒ Report the incident to your supervisor.
- ⇒ Immediately seek medical treatment, if required.

Bloodborne pathogens are microorganisms in the blood or other body fluids that can cause illness and disease in people. These microorganisms can be transmitted through contact with contaminated blood and body fluids.

When bloodborne diseases are mentioned, most people automatically think of AIDS, but actually HBV, or the hepatitis B virus, is much more common.

Exposure can occur in a variety of ways, such as:

- ✓ An accidental puncture by a sharp object contaminated with the pathogen. "Sharps" include objects such as:
 - ⇒ needles
 - ⇒ scalpels
 - ⇒ broken glass
 - ⇒ razor blades
- ✓ Open cuts or skin abrasions coming in contact with contaminated blood or body fluids.
- ✓ Sexual contact.
- ✓ Indirect transmission (a person touches dried or caked on blood and then touches the eyes, mouth, nose or an open cut) (HBV only).

There are also many ways these diseases are not transmitted. For instance, bloodborne pathogens are not transmitted by touching an infected person, through coughing or sneezing, or by using the same equipment, materials, toilets, water fountains or showers as an infected person.

Your employer can provide information on your company's exposure control plan, including:

WHAT are the potential bloodborne pathogens in your workplace and how are they spread.

HOW your Exposure Control Plan has been implemented.

WHEN to use appropriate engineering and work practice controls.

WHAT to do in case of accidental exposure.

How can I protect myself?

- ✓ Get the hepatitis B vaccine.
- ✓ Read and understand your employer's Exposure Control Plan.
- ✓ Dispose of used sharps promptly into an appropriate sharps disposal container.
- ✓ Use sharps devices with safety features whenever possible.
- ✓ Use personal protective equipment (PPE), such as gloves and face shields, every time there is a potential for exposure to blood or body fluids.
- ✓ Clean work surfaces with germicidal products.

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