

OCCUPATIONAL EXPOSURE TO BLOODBORNE PATHOGENS

Community Colleges of Spokane

EXPOSURE CONTROL PLAN SUMMARY

Updated March 2002

Contact the CCS EH&S Department at 533-8623 for a complete copy of the Exposure Control Plan

The Washington State Bloodborne Pathogens Standard (WAC 296-62-08001) became effective in 1992 and established requirements designed to reduce the risk of workers being exposed to biological agents, including bloodborne pathogens. **Occupational exposure** is the anticipated contact with blood or body fluids (that are potentially infectious) on your skin, in your eye, nose or mouth or anticipated parenteral contact (piercing of the skin e.g. needle sticks or human bites) with blood or body fluids that may result from the performance of an employee's job duties. Certain Community Colleges of Spokane (CCS) employees maybe at greater risk of exposure to contaminated blood and body fluids as a function of their employment than are other members of the general population.

CCS has established an Exposure Control Plan designed to control the spread of blood and body-fluid-borne diseases by reducing the incidence of employee exposure to blood and other body fluids. The Exposure Control Plan includes the following information:

EXPOSURE DETERMINATION

Bloodborne pathogens (blood-born diseases) are germs and viruses that live in the following materials making them "infectious materials":

blood, any body fluid contaminated with blood (urine, diarrhea, vomit), semen/ vaginal secretions, cerebrospinal fluid, synovial (joint) fluid, pleural (chest cavity) fluid, pericardial (heart) fluid, peritoneal (abdominal cavity) fluid, amniotic fluid, and saliva in dental procedures.



Viruses that live in these "infectious materials" include Hepatitis B (HBV), Hepatitis C (HCV), and HIV (human immunodeficiency virus).

CONTROL METHODS

Employees incur risk of infection and illness each time they are exposed to blood or other potentially infectious materials. Therefore, CCS employs engineering controls to eliminate or minimize employee exposure to blood or other potentially infectious materials. These controls seek to remove the hazard or isolate the employee from exposure, without reliance on self-protective actions of employees (e.g., puncture-resistant sharps containers)

Universal Precautions refers to a method of infection control in which **ALL** human blood and other potentially infectious materials are treated as infectious. By assuming that ALL blood and body fluid is potentially infectious, and by using "universal" precautions with all blood and other body fluids, employees can reduce the risk of exposure to infectious materials.

CCS has instituted universal precautions which requires at risk employees to follow certain procedures whenever exposure occurs in the work environment. CCS has instituted other work practice controls such as frequent and thorough hand-washing; mucous membrane flushing following an eye, nose, or mouth exposure incident; prohibitions of certain activities within exposure areas; definitive housekeeping procedures and wearing gloves when preparing or serving food.

HEPATITIS B (HBV) VACCINATION

Because of the risk of serious problems associated with hepatitis B infection, immunization with hepatitis B vaccine is recommended to help prevent infection in those employees at risk of occupational exposure to blood infected with HBV.

As required by law, Community Colleges of Spokane offers HBV vaccination, **at no cost**, to all identified employees whose jobs involve the risk of directly contracting blood or other potentially infectious materials. CCS has determined which job classifications are considered "at risk" to exposure and recommends that these employees receive the vaccination. The HBV vaccination is a series of three injections at zero, one, and six months. Vaccinations shall be

given according to recommendations of the United States Public Health Service and administered by or under the supervision of a licensed health care professional at Spokane County Health Immunization Clinic.

Community Colleges of Spokane makes Hepatitis B vaccination available after the employee has received the required training or within 10 working days of initial assignment.

POST-EXPOSURE EVALUATION AND FOLLOW-UP

An **exposure incident** is contact with blood or body fluids that are potentially infectious on your skin, in your eye, nose or mouth or parenteral contact (piercing of the skin e.g. needle sticks or human bites) with blood or body fluids resulting from the performance of an employee's job duties. **Employees must report an exposure incident immediately to their supervisor.**

Following a report of an exposure incident, CCS makes a confidential medical evaluation and follow-up immediately available to the exposed employee. The evaluation and follow-up is made available **at no cost** to the employee (reported to the health care provider as an on-the-job-injury; workmen's compensation benefits will apply). It must be performed by or under the supervision of a licensed physician or a licensed health care professional, and provided according to the United States Public Health Service recommendations current at the time of evaluation.

Referral to a licensed health care professional must occur as soon as possible after exposure (within 24 hours) for provision of **immediate protection** from hepatitis B infection.

TRAINING AND EDUCATION OF EMPLOYEES

CCS requires that all employees identified as at-risk for occupational exposure to blood or other potentially infectious materials participate in a training and education program. Training is provided at no cost to the employee and during working hours.

RECORDKEEPING

The personnel file of each employee identified as at-risk for occupational exposure contains documentation regarding hepatitis B immunization status, including all vaccination dates.

Each employee identified as at-risk for occupational exposure must sign a consent-refusal form regarding the hepatitis B vaccine. The form will be maintained in the employee's personnel file as a record of hepatitis B immunization status. Immunization records are not considered confidential.

Confidential medical records, documenting all employees' exposure incidents and medical follow-up, will be maintained by CCS for the duration of employment plus 30 years.

CCS will ensure that employee medical records documenting medical follow-up to exposure incidents remain confidential and are disclosed or reported only with the employee's written consent to any person within or outside the work place, except as required by regulation or law.

UNIVERSAL PRECAUTIONS Community Colleges of Spokane

UNIVERSAL PRECAUTIONS ARE REQUIRED TO BE FOLLOWED BY ALL CCS EMPLOYEES

Assume that all blood and other biological agents are infectious materials!

PROCEDURES:

- 1) Avoid direct skin contact with body fluids whenever possible.
- 2) Practice good personal hygiene by thoroughly washing your hands at regular intervals or as needed (e.g., before eating, after use of a rest room, etc.), throughout the day. **Hand washing is most important in preventing the spread of disease.** This requires the use of soap with vigorous scrubbing for 5 seconds followed by rinsing under a stream of water for another 5 seconds.

- 3) Wear disposable latex/vinyl gloves when touching the blood or body fluids of another individual or a contaminated surface (e.g., treating nose bleeds, bleeding abrasions, etc). Wear gloves when disinfecting contaminated items. Wash all skin surfaces that become contaminated and wash hands immediately after removal of gloves.
- 4) Wear masks and protective eyewear or face shields during procedures likely to produce blood or body fluids.
- 5) During the administration of first aid, use a barrier between yourself and the victim's blood or other body fluids (e.g., gloves; several layers of dressings). When performing CPR, place a barrier between own mouth and that of the victim (e.g., one-way valve resuscitation devices, faceshield).
- 6) Unprotected employees with open wounds, weeping sores/cuts, or chaffed skin are to wear gloves when in contact with contaminated sources and when preparing or serving food.
- 7) Practice good housekeeping and waste disposal practices – follow cleaning/decontamination procedures or call the Facilities Department (**SCC: 533-7163; SFCC: 533-3846**) for assistance with clean-up of body fluids such as vomit, blood, feces or urine.



IF AN EXPOSURE INCIDENT OCCURS (direct contact with blood/body fluids):

- 1) Cleanse skin with soap and running water. **Eyes:** Flush eyes for 15 minutes; **Mouth:** Rinse thoroughly; **Nose:** Blow nose; wipe inside of nostrils.
- 2) Report the exposure immediately to your supervisor. Document the exposure on the “**Medical Emergency Report**” form and the “**Exposure Incident Report**” form. Route the copies as indicated on the forms.
- 3) Proceed immediately to a medical care provider for a confidential medical evaluation. Bring a copy of your vaccination record and a copy of the completed “**Exposure Incident Report**” and “**Exposed Employee Consent**” form.

Exception to the Rule for Universal Precautions: in an unexpected medical emergency where the use of protective equipment is not possible due to the equipment not being available or where the use of the equipment would create a greater hazard to the victim’s personal safety.

**CLEANING/DECONTAMINATION PROCEDURES
Community Colleges of Spokane**


If an incident occurs where blood/body fluids (e.g., vomit, urine, feces, etc.) has contaminated a surface, toys, or equipment, cleaning and disinfecting should take place prior to allowing activity to continue.

These procedures are intended for non-custodial employees who may, on rare occasions, be called upon to attend to the clean-up of a body fluid spill. It is appropriate to contact the Facilities Department (SCC: 533-7163; SFCC: 533-3846) to request advice or assistance with the clean-up. However, the Facilities personnel may not be able to respond in a timely fashion. Therefore, the following procedures should be followed by non-custodial employees:

- 1) Treat **ALL** body fluids as if infectious.
- 2) Wear disposable latex or vinyl gloves during the entire cleaning and disposal process.
- 3) As appropriate for the specific circumstances, use goggles and any other personal protective equipment needed to reduce the likelihood of exposure to body fluids.
- 4) Use a proper disinfectant for cleaning up body fluids and sanitizing surfaces
 - household bleach (1 part bleach diluted with 10 parts water)
 - New solution must be made every 24 hrs to be effective



Spray or pour the product on the spill and let it sit for the length of time prescribed by the manufacturer (**at least 1 minute**).

- 5) Clean up the body fluid spill and disinfectant with paper towels or disposable rags and place all contaminated articles in a trash bag. If they contain blood, place all articles in a **red plastic trash bag**. Tie the end of the bag shut and place in the regular trash container or in the dumpster. 
- 6) If the spill involves broken glassware, the glassware should **not** be picked up directly with the hands. Instead, use mechanical means, such as a brush and dust pan, tongs, or forceps to pick up the broken glass.
- 7) Any cleaning equipment (e.g., dust pans or buckets) which is used in body fluid clean-up should be thoroughly rinsed in the disinfectant solution. If a mop is used, it should be soaked in the disinfectant after use and then rinsed thoroughly. Contaminated disinfectant solution should be disposed of through the sanitary sewer drain.
- 8) Gloves should be disposed of in the regular trash container, unless visibly contaminated with blood, in which case they should be placed in the biohazard bag. **GLOVE REMOVAL PROCEDURE:** Grasp the top or wrist of one glove, being careful not to touch anything but the glove. Pull the glove off, turning it inside out. Continue to hold the glove and insert a finger into the top of the other glove, taking care not to touch its outside surface. Pull the glove off, turning it inside out and pulling it over the first glove. Both gloves should now be inside out, one inside the other, ready for disposal into an approved waste container.
- 9) Wash hands thoroughly after removing gloves.

