Tigard-Tualatin School District 23J
Bloodborne Pathogens Policy for School Staff

"If its wet and it's not yours protect yourself!"

The Occupational Safety and Health Administration (OSHA) standard is to protect employees from workplace exposure to bloodborne diseases. Read on…

What is a Bloodborne Disease?

Bloodborne pathogens are microorganisms that can cause disease when transmitted from an infected individual to another individual through blood and body fluids. They are capable of causing serious illness and death. The most common illnesses spread this way are Hepatitis B and C and Human Immunodeficiency Virus (HIV).

How are Bloodborne Pathogens Transmitted?

Bloodborne pathogens can be transmitted when blood or body fluid from an infected person enters another person's body via needle-sticks, human bites, cuts, abrasions, acne, broken skin or through mucous membranes (such as mouth and eyes).

Treat all human body fluids as if known to be infectious. This includes semen, baginal secretions, and saliva. The Hepatitis B virus can live at least a week outside of the body. HIV is more fragile and does not live long outside the body.

What/ Where is the Exposure Control Plan?

Tigard-TUalatin School District maintains a Bloodborne Pathogens Exposure Control Plan. For a copy of the plan see your building administrator. An Exposure means that a person's non-intact skin or mucous membranes (eyes, mouth) had contact with potentially infected blood or body fluids. The Exposure Control Plan has detailed information about who may be at risk and how occupational exposure can occur. Consult this book if you want more information.

Am I at Risk for Occupational Exposure?

Being at risk for occupational exposure means: There is a reasonable anticipation of contact with blood or other potentially infectious materials that may result from the performance of an employee's duties. The blood or infectious materials can enter the body through:

- Eyes
- Mucous membranes
- Piercing
- Needle sticks
- Human bites
- Non-intact skin
- Cuts and abrasions

Staff at high risk for occupational exposure can include : Nurses, secretaries (covering the health room), coaches, custodians, P.E. teachers, some special education staff. All staff are offered follow-up care and vaccinations if they have an exposure incident at work.

Standard Precautions

All blood and body fluids should be treated as if they are potentially infectious. You cannot tell if a person is infected with a bloodborne disease by their appearance. If you are involved in any situation involving blood or other potentially infectious materials, make sure to follow all precautions to avoid getting another person's blood or body fluids on your skin or mucous membranes. Standard Precautions are also known as Universal Precautions.

Minimizing Exposure

Always wear gloves when giving first aid for wounds. Encourage students self care when possible, i.e. nosebleeds or simple cuts. Wash hands as soon as possible after removing gloves or other personal protective clothing or equipment. Immediately was affected area after accidental contact with blood or body fluids. Wear protective equipment if splattering of body fluids is anticipated.

Call the custodian to clean up body fluids. Wear gloves when handling trash. Double bag all body fluid waste material. If the waste contains dried blood or body fluids, use leak proof plastic bags and place in the regular garbage. This can include items such as tampons, tissues etc. If bloody waste is liquid or semi-liquid, it must be disposed of in a red plastic bag. Contact your custodian for special disposal.

Do not pick up broken glass directly with your hands. Dispose of sharps (needles, lancets, scalpel blades, etc.) in a red sharps container. Don't eat, drink, smoke, apply cosmetics or lip balm or handle contact lenses in locations where there is a likelihood that an occupational exposure could occur, i.e. health room sink. Never share razors or toothbrushes.

Handwashing

Proper handwashing consists of washing your hands with soap under running water for at least 30 seconds, then drying. Wash your hands frequently, and encourage your students to do the same. The instant gel hand sanitizer or towelettes are adequate ways of cleaning your hands if you don't have access to running water and soap.

Personal Protective Equipment (PPE)

The type of protective equipment you need varies with the task and exposure you anticipate. Equipment to protect you from contact with blood and body fluids may include:

- Gloves

- CPR masks
- Face masks
- Goggles

Make sure you use them when needed!!!

First Responders Kits

"First Responder Kits" are available for all staff. These kits contain a minimum of: gloves, towelettes, paper towels and bandaids in a plastic bag. Ask your schools nurse if you need gloves or a "First Responders Kit"

Gloves

Gloves are the most important personal protective equipment (PPE). You must wear gloves when you contact blood, body fluids, and mucous membranes. Avoid latex gloves to prevent allergic reactions! Use the appropriate gloves for the task:

- Housekeeping- utility gloves
- First aid- disposable vinyl or nitrate gloves
- Food handling- thing, clear gloves

Discard disposable gloves after use. Replace all goves if torn, punctured or contaminated.

Removal of Gloves

- With both hands gloved, peel one glove off from top to bottom and hold it in the gloved hand.
- With the exposed hand, peel the second glove from the inside, tucking the first glove inside the second.
- Dispose of the gloves promptly.
- Never touch the outside of the glove with bare skin
- Everytime you remove your gloves wash your hands with soap and water as soon as possible.

Clean Up

Call the custodian to clean up blood or body fluid spills. All garments penetrated by blood will be removed as soon as feasible and placed in a plastic bag until they can be cleaned, laundered or discarded.

Exposed? Now What?

- Wash affected area immediately as previously stated.
- Inform your administrator immediately of exposure.
- You will be directed by the School Nurse for a confidential medical evaluation and follow up.

Hepatitis B Vaccination

- The Hepatitis B series consists of 3 shots over a 6-month period. The shots are given in the upper arm, and have a very low incidence of side effects. In most cases, a person will become immune to Hepatitis B after 3 shots.
- Hepatitis B shots are now required for all children entering kindergarten and are highly recommended for all adults.
- All employees are offered follow up care and vaccinations if they have an exposure incident at work.
- Your health plan may also cover preventative vaccinations.