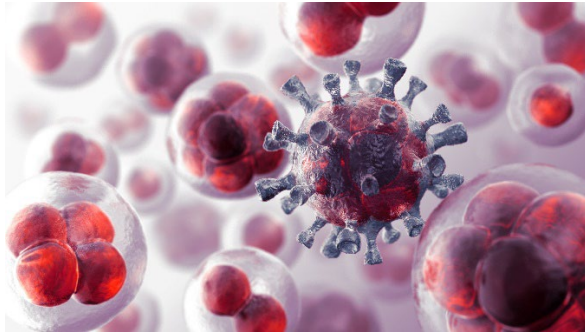


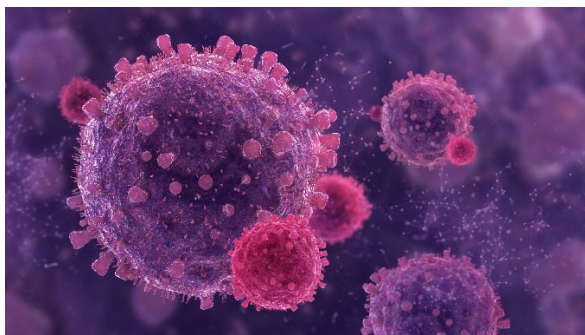
NC DEQ Bloodborne Pathogens Toolbox Talk



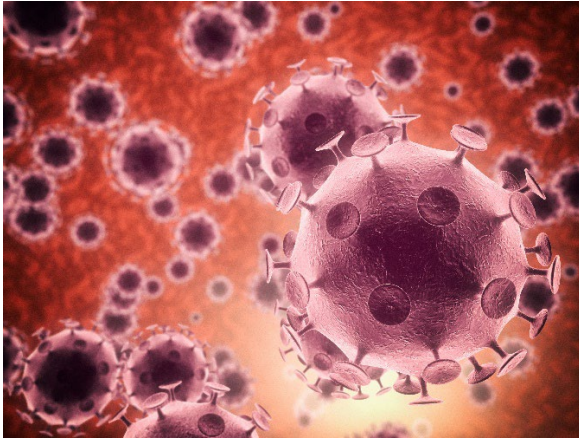
- 1) **What are Bloodborne Pathogens (BBPs)?** Bloodborne pathogens are microorganisms in human blood that can transmit diseases.



- 2) **Are BBPs limited to just blood?** No. BBPs can be found in other body fluids like saliva, vomit, breast milk, semen, and vaginal secretions. Bloodborne pathogens can also be transmitted by handling dead animals. Mosquitos can also spread bloodborne pathogens.



- 3) **What kind of diseases can be spread by BBPs?** HIV-AIDS, Hepatitis B, Hepatitis C, Malaria, Syphilis, and many others. At least 20 known diseases can be spread by BBPs.



- 4) **What are Universal Precautions?** To protect ourselves we assume all body fluids and dead animals are infectious. Universal Precautions are a set of guidelines to prevent the spread of bloodborne pathogens. To practice Universal Precautions we avoid all direct contact with blood, body fluids, or dead animals by using non-porous barriers like gloves, goggles, and/or face shields.



5) **What are common ways to be exposed to BBPs?**

- a. Needlesticks: If needles are not disposed of properly in sharp boxes, they can stick through trash bags. Housekeeping operations are at high risk for BBP exposure. Be alert for used syringes. They can be found in restrooms due to diabetes and recreational drug abuse.



- b. Assault: This exposure route usually involves being bitten or spit on.

- c. Direct Contact: This transfer occurs when blood or body fluid comes into contact with an open wound or mucous membrane (eye, nose, mouth). It could happen when rendering first aid or cleaning up a body fluid spill. It can happen when rendering first aid to an injured person. It can also happen when cleaning human waste, blood, or vomit.
- d. Sexual Contact:



6) BBP Statistics: The National Institutes of Health estimates the following annual US statistics:

- 3 million exposures to BBPs
- 400,000 sharp injuries (needlesticks are in this category)

7) Common Misconceptions:

- Dried blood is safe: False. Hepatitis B can live in dried blood for up to one week, and Hepatitis C can live for up to 5 days.
- I wore gloves so I don't need to wash my hands: False. Gloves can have pinholes in them that are difficult to see. You can transfer BBPs to your hands when taking off gloves. Always wash your hands with hot water and soap even if you wear gloves.
- I'm helping someone I know, or who looks healthy, so I don't need PPE: False. You can only know that a person is healthy if you test their blood. Always use Universal Precautions and assume there is a risk of infection.

8) How to protect yourself from BBPs:

- ✓ Assume all unknown fluids are infectious body fluids.
- ✓ Avoid all direct contact with blood, body fluids, or dead animals.

- ✓ Use PPE such as disposable gloves, protective eyewear, and breathing barriers.
- ✓ Avoid touching your eyes, mouth, and nose when in the vicinity of any possible blood, vomit, etc.
- ✓ Wash your hands or other affected areas with hot soap and water for at least 20 seconds after any potential exposure, especially before eating or drinking. Sanitizer may be used when soap and hot water are not available.
- ✓ When you hum the Happy Birthday song twice you've washed your hands long enough. 97% of people do not wash their hands properly.
- ✓ If you are CPR certified, consider carrying a breathing barrier.
- ✓ All First Aid kits should contain disposable gloves.

7) Cleaning up body fluid spills: PPE kits like the one pictured below are attached to the walls at DMF HQ and CDO. Familiarize yourself with their locations. These kits included PPE barriers and red bio-hazard waste bags.



- Use proper PPE barriers
- Surfaces must be cleaned with disinfectant that is properly diluted and left on the surface for the minimum contact time
- All waste, including your PPE, must be placed in a red bio-hazard bag, and disposed of properly

8) Post incident reporting:

- Employees must report any BBP exposure to their supervisor immediately.
- Incident reports must be filed by the employee, supervisor, and any witnesses.
- Follow-up blood testing will be offered to the employee.



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NC DEQ BBP Safety Quiz

Name: _____

Date: _____

- 1) What are bloodborne pathogens?
- 2) Name three sources that could contain bloodborne pathogens:
- 3) What does Universal Precautions mean?
- 4) Name three types off PPE you can use to protect yourself from BBPs:
- 5) Name three diseases that can be transmitted by BBPs:
- 6) Name two BBP hazards that could be found in restrooms:
- 7) How long should you wash with soap and hot water after a potential BBP exposure?

NCDEQ BBP Safety Quiz

Name: _____

Date: _____

- 1) What are bloodborne pathogens? Microorganisms in blood, or other body fluids, that can transmit diseases.
- 2) Name three sources that could contain bloodborne pathogens: blood, saliva, vomit, breast milk, semen, vaginal excretions, dead animals
- 3) What does Universal Precautions mean? We assume all fluids or dead animals are infectious, and we use appropriate barriers to avoid transmission of diseases
- 4) Name three types off PPE you can use to protect yourself from BBPs: gloves, Tyvek suit, glasses, safety goggles
- 5) Name three diseases that can be transmitted by BBPs: HIV-AIDS, Hepatitis B, Hepatitis C, syphilis, malaria
- 6) Name two BBP hazards that could be found in restrooms: body fluids and hypodermic needles
- 7) How long should you wash with soap and hot water after a potential BBP exposure? At least 20 seconds

