

# NC DEQ Restrooms, BBP & Hepatitis B Exposure Toolbox Talk



**Applies to:** Staff who may encounter human bodily fluids while cleaning restrooms or in any other job-related tasks.

## Topics Covered:

1. What are Bloodborne Pathogens (BBPs)?
2. How BBPs are transmitted in restroom cleaning
3. Focus on Hepatitis B (HBV): symptoms, risks, and exposure
4. Using PPE and safe cleaning techniques
5. Hepatitis B vaccine: how it works and why it matters
6. Responding to exposure and reporting

## 1. What are Bloodborne Pathogens?

- **Definition:** Microorganisms in human blood that can cause disease.
- **Examples:**
  - Hepatitis B (HBV)
  - Hepatitis C (HCV)
  - Human Immunodeficiency Virus (HIV)

## 2. BBP Risks in Restroom Cleaning

- **Sources of Exposure:**
  - Blood on toilet seats, sanitary bins, or floors
  - Used feminine hygiene products
  - Vomit or feces possibly contaminated with blood
  - Needles or sharps left behind

## 3. Hepatitis B

- **What is Hepatitis B?**
  - A liver infection caused by the HBV virus

- **Symptoms:**
  - Fatigue, nausea, vomiting, jaundice, dark urine
- **Transmission:**
  - Blood, semen, other body fluids entering through cuts or mucous membranes
- **Hepatitis B** can survive outside the body for up to 7 days!

#### 4. Safe Cleaning Practices

- **Personal Protective Equipment (PPE):**
  - Gloves (disposable and heavy-duty)
  - Safety glasses or face shield
  - Apron or protective clothing
- **Cleaning Guidelines:**
  - Always treat blood or bodily fluids as infectious
  - Use EPA-registered disinfectants labeled for bloodborne pathogens
  - Clean surface with soap and water, then disinfect
  - Properly dispose of contaminated materials in biohazard bags
  - Never pick up sharps directly – use tongs or a sharps container

#### 5. Hepatitis B Vaccine

- **What it is:** A series of 3 shots over 6 months
- **History:** First approved by the FDA in 1982. A second version was introduced in 1986. It was the first vaccine created through genetic engineering. To develop this recombinant hepatitis B vaccine, the gene of the HBV protein envelope was inserted into yeast cells, eliminates the risk of viral contamination from using human serum to produce the vaccine.<sup>6</sup>
- **Effectiveness:** Over 90% protection rate
- **Why it's important:**
  - Prevents long-term liver damage or cancer
  - OSHA requires employers to offer it for free to employees at risk
- **No live virus** in the vaccine — it cannot cause the disease

#### 6. OSHA Hepatitis B Vaccine Requirements

- 1910.1030(f)(1)(i)  
The employer shall make available the hepatitis B vaccine and vaccination series to all employees who have occupational exposure, and post-exposure evaluation and follow-up to all employees who have had an exposure incident.

- 1910.1030(f)(2)(iv)

The employer shall assure that employees who decline to accept hepatitis B vaccination offered by the employer sign the statement in appendix A. That document is a waiver stating that the employee was offered the vaccine, declines it, but can also receive it at any time upon request.

## **7. Exposure and Reporting**

- **What to do if exposed:**

- Wash area with soap and water
- Flush eyes or mucous membranes with water
- Report the exposure immediately to supervisor
- Seek medical attention

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## QUIZ: Restrooms, BBP & Hepatitis B Safety



**1. What is a bloodborne pathogen?**

- A. A type of bacteria in the air
- B. A microorganism in blood that causes disease
- C. A cleaning product ingredient
- D. None of the above

**2. Which of the following is a bloodborne pathogen?**

- A. Hepatitis B
- B. Influenza
- C. Tuberculosis
- D. Salmonella

**3. Hepatitis B can survive outside the body for:**

- A. 2 hours
- B. 1 day
- C. 7 days
- D. 2 weeks

**4. Which body fluids can transmit Hepatitis B?**

- A. Sweat
- B. Tears
- C. Saliva
- D. Blood

**5. What is the best way to protect yourself when cleaning a restroom with visible blood?**

- A. Wear gloves only
- B. Use PPE and proper disinfectants
- C. Use air freshener
- D. Ignore it

**6. The Hepatitis B vaccine is given in:**

- A. 1 dose
- B. 2 doses over 1 month
- C. 3 doses over 6 months
- D. 4 doses over 1 year

**7. If you are exposed to blood, you should:**

- A. Wait until your shift ends
- B. Immediately clean the area and report it
- C. Go home
- D. Do nothing

**8. What kind of disinfectant should be used for cleaning blood?**

- A. Glass cleaner
- B. Vinegar
- C. EPA-registered disinfectant for bloodborne pathogens
- D. Any soap

**9. PPE stands for:**

- A. Professional Protective Equipment
- B. Personal Protective Equipment
- C. Public Protection Essentials
- D. Pathogen Prevention Equipment

**10. What is the main benefit of the Hepatitis B vaccine?**

- A. Helps you clean better
- B. Prevents liver cancer and infection
- C. Gives immunity to all diseases
- D. Reduces allergies

## QUIZ KEY: Restrooms, BBP and Hepatitis B



**1. What is a bloodborne pathogen?**

B. A microorganism in blood that causes disease

**2. Which of the following is a bloodborne pathogen?**

A. Hepatitis B

**3. Hepatitis B can survive outside the body for:**

C. 7 days

**4. Which body fluids can transmit Hepatitis B?**

D. Blood (Other body fluids can also transmit it IF they contain blood)

**5. What is the best way to protect yourself when cleaning a restroom with visible blood?**

B. Use PPE and proper disinfectants

**6. The Hepatitis B vaccine is given in:**

C. 3 doses over 6 months

**7. If you are exposed to blood, you should:**

B. Immediately clean the area and report it

**8. What kind of disinfectant should be used for cleaning blood?**

C. EPA-registered disinfectant for bloodborne pathogens

**9. PPE stands for:**

B. Personal Protective Equipment

**10. What is the main benefit of the Hepatitis B vaccine?**

B. Prevents liver cancer and infection