

## news & notes

### BBP TRAINING

BBP training must be given to all employees with a reasonably anticipated risk of occupational exposure to blood. Here is a nonexhaustive list of job classifications or tasks that qualify as occupational exposure to blood or other potentially infectious materials:

1. Employees trained and designated to give first aid, including employees who give first aid as a collateral duty to routine work assignments
2. Employees whose job includes cleaning or decontaminating areas or surfaces contaminated with blood
3. Employees trained to provide medical, healthcare, and medical research services, including doctors, dentists, nurses, dental and other healthcare aides, laboratory technicians, and phlebotomists
4. Housekeepers and janitors at healthcare facilities

Employees who are not designated or trained as first-aid or healthcare providers and who voluntarily perform a "Good Samaritan act" at work are not covered under the standard because such an act is not considered a reasonably anticipated occupational exposure.

Training must be provided at the time of initial assignment to tasks where occupational exposure may take place and at least annually thereafter. Training requirements apply to full-time employees and also to part-time and temporary employees.

# EMPLOYEE SAFETY NEWSLETTER

**November 2010**

**Provided by Hierl Insurance, Inc**

## It's in the Blood

### *Protect yourself from BBPs*

Human blood and other bodily fluids can contain bloodborne pathogens (BBPs) that cause serious diseases, such as the human immunodeficiency virus (HIV), which causes AIDS, and the hepatitis B and C viruses that can lead to chronic liver disease. OSHA requires employers to identify job classifications with occupational exposure to blood and bodily fluids as part of their regular duties

Some workers, especially in the healthcare field, may have occupational exposure on a daily basis. Others, such as laundry workers, police and firefighters, lab technicians, and mortuary workers, may have less-frequent exposure.

But all workers need to know how to protect themselves by following "universal precautions" and treating all blood and bodily fluids as though they are infected.

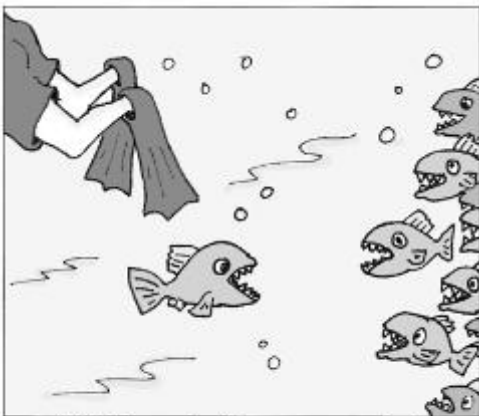
Follow these precautions to protect yourself from exposure to BBPs:

- **Wear the appropriate personal protective equipment (PPE)**, which includes gloves, eye protection, surgical masks, protective lab coats, surgical caps, or other clothing.
- **Don't suction or use a pipette to draw blood** or other potentially infectious materials by mouth.
- **Minimize spraying, splashing, spattering, and droplet generation** in all procedures involving blood or other potentially infectious materials.
- **Don't eat, drink, smoke, apply cosmetics or lip balm, or handle contact lenses in work areas with possible BBP exposure.**
- **Don't keep food or drinks where blood or other potentially infectious materials are present.**
- **Use a disinfectant solution** as soon as possible to clean and decontaminate any area where fluids have spilled.

Follow safety rules to protect yourself from sharps injuries.

- **Use needleless devices**, if possible, and never reuse or recap needles.
- **Always use puncture-resistant, leakproof containers** for disposal of needles and other sharps.

Finally, **WASH YOUR HANDS** frequently and thoroughly. Wash with soap and warm running water or use antiseptic alcohol-based hand cleaners, especially after contact with potentially infectious materials. Frequent hand washing is also essential to prevent the spread of other infections—so make it a habit that you follow every day.



**"Hold on - isn't anyone worried about bloodborne pathogens?"**

## news & notes

### GREAT AMERICAN SMOKEOUT

The **third Thursday in November** is the Smokeout. Consider that people who quit:

1. **Feel healthier right away** and are healthier for the rest of their lives, which may now be longer.
2. **Have more energy** and better focus.
3. **Enjoy better smell** and taste.
4. **Have whiter teeth** and fresher breath.
5. **Cough less** and breathe better.
6. **Lower their risk for cancer**, heart attack, stroke, early death, cataracts, and wrinkling skin.
7. **Feel more in control** of their lives.
8. **Save a bundle of money!** Calculate how much of your money is literally going up in smoke.
9. **Won't have to worry about when they'll get their next smoke** or what to do in a smoke-free environment.
10. **Will no longer be putting people they care about at risk of illness** from secondhand smoke.

If those positives reasons aren't motivation enough, consider these negative ones:

1. There are > 4,000 chemicals in cigarette smoke, some of which are also in wood varnish, the insect poison DDT, arsenic, nail polish remover, and rat poison.
2. Smoking increases the risk of cancer, heart attack, and stroke.
3. Coughing, shortness of breath, and risk of bronchitis and emphysema are other negative health effects.
4. Smoking reduces resistance to illnesses.
5. Secondhand smoke puts others at risk.



# MSDS Exercise

## Fill in the blanks

Grab a material safety data sheet (MSDS) for a material used in your workplace and provide the information requested in the table below:

Identity of chemical or common name used on the label:	
What are the health hazards?	
What are the routes of entry?	
What type of PPE is required?	
What are the safe handling procedures?	
What are the emergency and first-aid procedures?	
What are the spill, leak, and disposal procedures?	
What are the signs and symptoms of overexposure?	
Will the material cause irritation, burning, or any other damage to the skin or eyes on contact?	
What protective measures should be used when handling or storing the material or repairing and maintaining contaminated equipment?	
Do you have any questions about this material that aren't addressed by the MSDS?	

# Stress Management

## Do's and don't's

Practice these tips to manage stress:

### DO

- Approach situations like a problem solver, not a victim.
- Put matters in perspective; every problem isn't a crisis.
- Maintain self-confidence.
- Accept that no one is perfect, and forgive yourself and others for mistakes.
- Set priorities and tackle tasks in an organized way.
- Find a constructive way to express anger or concerns.
- Exercise. And get enough rest.
- Laugh as often as possible.

### DON'T

- React to every problem as if it's a crisis.
- Take work-related problems or situations personally.
- Be afraid to make a mistake.
- Blow up at yourself or others.
- Try to assign blame.
- Expect the worst.
- Worry about the unknown future.
- Suffer in silence.
- Use alcohol or other drugs to reduce stress.