

**BLOODBORNE PATHOGENS FOR HEALTH CARE WORKERS
ANNOTATED TRAINING OUTLINE
SECTION IV WORK PRACTICE CONTROLS**

OBJECTIVES

1. Describe ways to avoid puncture wounds with contaminated sharps.
2. List precautions that must be taken when working with lab materials.
3. Describe decontamination procedures for blood spills.
4. Describe decontamination procedures of the patient care areas and for equipment and instruments.
5. Explain how to safely dispose of waste.
6. Describe precautions that you should take with your personal hygiene and health.

OUTLINE

Describe each of the work practice controls in place:

A. Handling Sharps—Disposal and Management of Disposal Containers:

1. Plan for safe handling and disposal before beginning any procedure using needles.
2. Never recap syringes.
3. Dispose of used needles promptly in appropriate sharps disposal containers.
4. Place disposal boxes as near to the site where injections are given as is possible. Always consider security issues.
5. If no disposal box is available where an injection is to be given, provide small portable disposal containers which can be taken to the location. Maintain the security of these boxes at all time.
6. Assign the responsibility for emptying the sharps disposal containers. Assure that they are replaced when they fill to the designated level.
7. Report hazards from needles that you observe in your work environment.
8. Report all needle-stick and other sharps-related injuries promptly to ensure that you receive appropriate follow-up care.

B. Working With Lab Materials:

1. Use extreme care with all lab specimens of all types.
2. Be sure that the outside of the collection container is clean before storage or transfer to the lab. Clean the outside of the container with diluted chlorine bleach if it is contaminated.
3. Wear gloves to handle specimens.
4. Wear other protective equipment to handle specimens if you anticipate other possible exposures to the material.
5. Label all specimens appropriately.
6. Do not list a diagnosis or special precaution on the specimen container.
7. Handle all specimens as if they contain infectious materials.

C. Decontaminating Work Areas:

1. Clean up spills as soon as possible.
2. Block contaminated areas to prevent inadvertent exposure while you collect materials to clean up the spill.
3. Use disposable materials such as paper towels to clean up spills whenever possible.
4. Use diluted chlorine bleach (1:10 dilution) to clean up spill.
5. Chlorine bleach is diluted on a daily basis or at the time it is needed. Bottles are labeled with name of product, dilution, and date of preparation.
6. Establish a routine cleaning schedule for areas that might be contaminated with blood, such as counter tops where specimens are placed, refrigerators, and/or lab areas.

D. Managing Contaminated Instruments and Equipment:

1. Contaminated instruments that are disposable must be discarded as soon as possible. A sharp instrument must be discarded into the sharps container as specified in section A above.
2. Contaminated equipment that is reusable must be disinfected or sterilized. Handle this equipment in such a way to prevent contamination (cover it, wrap it, or place it in a bag) of any other surface while it is being transported to the area for sterilization. Follow sterilization procedures in *Infection Control Program Manual*.

E. Linen:

1. Linen will be handled carefully and with a minimum of agitation to prevent contamination.
2. Linen that is grossly contaminated with blood will be placed into a water soluble laundry bag before transport.
3. Gloves will be used to handle contaminated linen until it is placed into a suitable bag.
4. Clean and dirty linen will be transported in separate containers and will be stored in separate areas.

(See also *Infection Control Program Manual*)

F. Disposal of Waste:

1. Other disposable equipment and trash that is saturated with blood or OPIM must be discarded in a red biohazard bag.
2. Materials soiled with other body fluids shall be placed in a trash container that is lined with a plastic bag. If impervious plastic bags are not available, bags with punched holes may be used.
3. Use extreme care when handling bags that contain trash, especially if they have punched holes.
4. Trash containers shall be cleaned with appropriate disinfectant after emptying.

G. Separation of Medical Care Areas and Eating Areas:

1. Designate a separate area of the health care area that can be used as a lounge.
2. No eating, drinking, smoking, or application of cosmetics shall be done in a patient care area.
3. Contact lenses should not be manipulated in a patient care area. Careful hand washing should be done before handling contact lenses.

Other References

Bloodborne Pathogens Exposure Control Plan

Infection Control Program Manual

Selected information sheets from Centers for Disease Control and Prevention

Example of the biohazard symbol