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Intro. to Sports Medicine

Date: \_\_\_\_\_

Block: \_\_\_\_\_

| Essential Questions  |  | Blood Borne Pathogens Training  |
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| Questions/Main Ideas |  | Notetaking Column   |
| 1.                   | What does OSHA stand for?  | Occupational Safety and Health Administration   |
| 2.                   | As you learned in the video,<br>four conditions must be met<br>for any disease to be spread.<br>What are they? | <ul> <li>A pathogen must be present.</li> <li>A sufficient quantity of the pathogen to cause disease must be present.</li> <li>A person must be susceptible to the pathogen.</li> <li>The pathogen must pass through the correct entry site (for example, eyes, mouth and other mucous membranes or skin pierced or broken by needlesticks, bites, cuts, abrasions and other means).</li> </ul> |
| 3.                   | Bloodborne Pathogens are<br>primarily spread through what<br>means?  | • Primarily through direct or indirect contact with infected blood or other body fluids.  |
| 4.                   | What does direct contact mean when talking about BBP?  | • Direct contact occurs when infected blood or body fluid from one person enters another person's body at a correct entry site.   |
| 5.                   | When does indirect contact<br>occur for transmission of BBP?   | • Indirect contact occurs when a person touches an object that contains the blood or other body fluid of an infected person and that infected blood or body fluid enters the body through a correct entry site.   |
| 6.                   | Explain droplet transmission of<br>a BBP?  | • Droplet transmission, which occurs when a person inhales droplets from an infected person, such as through a cough or sneeze.   |

- 7. Explain a vector-borne transmission?
- 8. What does engineering controls mean when it comes to BBP?
- 9. What are examples of engineering controls when it comes to BBP?
- 10. What does work practice controls mean when talking about BBP?

11. Give some examples of work practice controls:

- Vector-borne transmission occurs when an infectious source, such as an animal bite or an insect bite or sting, penetrates the body's skin.
- Engineering controls are measures to isolate or remove a hazard from the workplace.

- Examples include sharps disposal containers, self-sheathing needles, safer medical devices, biohazard containers and labels, and PPE.
- Work practice controls focus on changing the way a task is carried out;
- Disposing of sharps in puncture-resistant, leak-proof, labeled containers.
- Avoiding the splashing, spraying and splattering of droplets of blood or other potentially infectious materials.
- Removing and disposing of soiled protective clothing as soon as possible.
- Cleaning and disinfecting all soiled equipment and work surfaces.
- Using good hand hygiene.
- Not eating, drinking, smoking, applying cosmetics or touching body areas in environments where exposure is possible.
- Isolating contaminated areas so

| 12. What are the steps to cleaning<br>up a spill?   | <ul> <li>Wear disposable gloves and other PPE.</li> <li>Take steps to protect others by roping off or placing cones around the area so others are not accidentally exposed by walking through it.</li> <li>Clean up spills immediately or as soon as possible after the</li> <li>spill occurs</li> <li>Use tongs, a broom and dustpan, or similar items.</li> <li>Dispose of the absorbent material used to collect the spill in a labeled biohazard container.</li> <li>Flood the area with a fresh disinfectant solution. Use a commonly</li> <li>accepted disinfectant of approximately 1½ cups of liquid chlorine</li> <li>bleach to 1 gallon of water (1 part bleach to 9 parts water, or about a 10% solution) and allow it to stand for at least 10 minutes.</li> <li>Use appropriate material to absorb the solution, and dispose of it in a labeled biohazard container.</li> <li>Scrub soiled boots, leather shoes and other leather goods, such as belts, with soap, a brush and hot water. If you wear a uniform to work, wash and dry it according to the manufacturer's instructions.</li> </ul> |
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| 13. What preventive measures do<br>you take when cleaning up a<br>spill with sharp objects, such as<br>broken glass or sharp needles? | <ul> <li>If the spill is mixed with sharp objects, such as broken glass and<br/>needles, do not pick these up with your hands.</li> </ul>  |
| 14. What are the steps to removing gloves?  |  |
| 15. What are the immediate steps<br>to take following an exposure<br>incident?  | <ul> <li>Cleaning the contaminated area thoroughly with soap and water.</li> <li>Flushing splashes of blood or other potentially infectious materials near the mouth and nose with water.</li> <li>Irrigating the eyes, if exposed, with clean water, saline or sterile irrigants for 20 minutes.</li> <li>Immediately reporting the incident to the appropriate person identified in the employer's exposure control plan and to the emergency medical services (EMS) personnel taking over care of the victim.</li> </ul>  |

| 16. What are the steps to take after the exposure incident?  | <ul> <li>Writing down what happened, including the time, date and circumstances of the exposure, actions taken after the exposure and any other information required by the employer.</li> <li>Seeking immediate follow-up care according to the employer's exposure control plan</li> </ul>  |
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| <u>Wrap Up</u>   |   |
| 17. Which Bloodborne pathogens<br>are of primary concern for<br>someone who responds to a<br>first aid emergency?  | Bloodborne pathogens of primary concern are hepatitis B, hepatitis C and HIV.   |
| 18. What four conditions are required for an infection to spread?  | <ul> <li>Presence of a pathogen</li> <li>Sufficient quantity of the pathogen</li> <li>Susceptible person</li> <li>Passage of pathogen through the correct entry site</li> </ul>   |
| 19. A victim has sustained a deep<br>cut to his upper arm. The<br>wound is open and blood is<br>spurting from the wound. What<br>PPE should you use?                               | <ul> <li>Disposable gloves</li> <li>Face shield or mask</li> <li>Disposable gown</li> </ul>   |
| 20. After providing care to a<br>victim, you notice that your<br>gloves have become torn and<br>some of the victim's blood is on<br>the skin of your hands. What<br>should you do? | <ul> <li>Immediately remove the gloves and clean the hands thoroughly with soap and water.</li> <li>Report the incident to the appropriate person and to the EMS providers taking over the victim's care.</li> <li>Write down what happened.</li> <li>Seek immediate follow-up care according to the employer's exposure control plan.</li> </ul> |
| Summary  | Use this space to write a two or three sentence summary of what you just read.  |
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