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## Discussion Leaders Guide Session Biological Hazards

### 1. Preparation

- You will need a DVD player and a television.
- Review the **Tell**, **Ask** and **Review** portions of the Discussion Leaders Guide. You will be presenting the material in *italic* to the group during these sections.
- Preview the video before you show it.
- Ensure that everyone attending the training can easily see and hear the video.
- Print the handouts prior to the training.

## Training Day

### 2. Introduce the Topic

**Tell:** *Hello. Today's training will include both a DVD presentation and discussion time. You may be asked questions during the discussion time.*

*We are going to review biological hazards.*

*Look at your handout titled **Hazards Identification**.*

*As you might remember from prior training sessions, hazards are conditions or actions that can cause injury or illness.*

*The biological hazards we are going to review are known as bloodborne pathogens. Bloodborne pathogens are tiny organisms that can pass from one person to another through infected blood and some other bodily fluids.*

*You can be exposed to bloodborne pathogens while cleaning the bathroom, taking out the trash or helping a co-worker who has been injured.*

*You may have already heard some of the most serious bloodborne pathogens, Human Immunodeficiency Virus or HIV, Hepatitis B and Hepatitis C. HIV causes the disease AIDS (Acquired Immune Deficiency Syndrome).*

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*Workers are exposed to bloodborne pathogens by:*

- *Puncturing the skin with a sharp object like a needle, razor or knife that has been contaminated with blood or bodily fluids.*
- *Splashing infected blood or bodily fluids into your eyes, nose or mouth.*
- *Infected blood or bodily fluids entering the body through broken skin, such as; open cuts, abrasions, chapped or damaged skin.*

*Unless they have blood in them; tears, vomit, urine, sweat, feces and nasal secretions do not spread HIV or Hepatitis B and C; However, they may spread other diseases.*

Note: Use examples from your own workplace if available.

*Let's start the DVD now.*

### **3. Start the DVD**

- Select your language choice
- Select scenario

### **4. The DVD has paused**

### **5. Encourage discussion**

**ASK:** *Why is this situation hazardous?  
What hazards do you see in the video?  
What should the worker do to prevent being exposed to biological hazards?  
What can we do to reduce the case of exposure here?*

### **6. Restart the DVD**

### **7. Review**

**Tell:** *It takes everyone knowing the hazards and avoiding them to eliminate exposure to biological hazards.*

*Look at you handout titled **Preventing**.*

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*Let's review a few of the prevention steps.*

- *Always treat blood and bodily fluids as if they were infected, you can not tell by looking at them if they contain bloodborne pathogens.*
- *Wear gloves when cleaning bathrooms, picking up trash or assisting anyone who may be bleeding or injured.*
- *Never pack down garbage or pick up a discarded needle with your bare hands.*
- *Don't let the garbage bags get too full; try to leave enough space at the top to lift the bag without touching the trash.*
- *When lifting the trash out of the can hold the garbage bag away from your body.*
- *Wash your hands with soap and water frequently; it reduces the chance of spreading diseases.*
- *Some diseases can live up to several weeks in dried blood. If you find dried blood and have not been trained in how to clean it up, notify your supervisor so it can be cleaned and disinfected.*
- *Never eat, drink or store food in areas like the restroom, where you can be exposed to diseases.*
- *Always put your trash in the correct container: toilet tissue in the toilet, paper towels in the trash can and needles in a puncture proof container. You will be helping prevent the spread of diseases.*

*Knowing the hazards and how you can be exposed to them is the key to avoiding injury and illness. Exposure to a bloodborne pathogen should always be taken very seriously. If you think you have been exposed, notify your supervisor immediately so they can get the right medical treatment for you.*

Note: If you have one, review your company's safety policies on bloodborne pathogens.

*Are there any questions?*

## **ADDITIONAL RESOURCES**

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## Hazards Identification Biological Hazards

**To prevent accidents you must know how to identify hazards and what to do to correct or eliminate them.**

**Hazards** = Conditions or actions that can cause injury or illness

**Exposure** = How close you are to the hazard

### Bloodborne Pathogens

Bloodborne pathogens are tiny organisms that can pass from one person to another through infected blood and some other bodily fluids.

The most serious bloodborne pathogens are; Human Immunodeficiency Virus (HIV), Hepatitis B, and Hepatitis C. HIV causes the disease AIDS (Acquired Immune Deficiency Syndrome).

Exposure to biological hazards can occur in the following ways:

- Puncturing the skin with a sharp object which has been contaminated with blood or bodily fluids, such as discarded needles, razors, or knives.
- Splashing infected blood or bodily fluids into the eyes, nose, or mouth.
- Infected blood or bodily fluids get into your body through broken skin, such as; open cuts, abrasions, chapped or damaged skin.

Unless they have blood in them; tears, vomit, urine, sweat, feces, and nasal secretions do not spread HIV or Hepatitis B and C. Though they usually don't spread bloodborne pathogens, one must still use proper precautions because they may still spread other diseases.

## Preventing Exposure to Bloodborne Pathogens

Prevent exposure to bloodborne pathogens by following a few simple guidelines.

### THINK...Ahead

- Always treat blood and bodily fluids as if they were infected.
- Cover or bandage any sores or breaks in the skin.
- Wear gloves when cleaning bathrooms or picking up trash.
- Look for needles or other sharp objects sticking out of the garbage bags before you pick them up.

### ACT...Now

- Never pack down garbage or pick up a discarded needle with your bare hands. Handle garbage as little as possible.
- Avoid letting garbage bags get too full: try to leave enough space at the top to lift the bag by the top without touching the trash.
- Hold the garbage bag away from your body.
- WASH your hands with soap and water, it reduces the chance of spreading disease.

### WATCH...Your Step

- Never try to break, bend or recap a used needle.
- Some diseases can live up to several weeks in dried blood. If you find dried blood and have not been trained in how to clean it up, notify your supervisor of the situation immediately.
- Never eat, drink or store food in areas like the bathrooms, where you can be exposed to diseases.
- Always put *your* trash in the correct container: toilet tissue in the toilet, paper towels in the trash can and needles in a puncture proof container. You will be helping to prevent the spread of diseases.