

**UNIVERSAL
PRECAUTIONS
TRAINING**



When caring for students with diabetes it is important to use Universal Precautions to protect from exposure to bloodborne pathogens



Bloodborne Pathogens

The 3 most common bloodborne pathogens (BBP) encountered in schools are:

1. **Hepatitis B**-causes liver inflammation and liver disease. Vaccine preventable.
2. **Hepatitis C**-causes liver infection and disease. Vaccine preventable.
3. **HIV**-attacks the immune system, decreasing the ability to fight infection. There is no vaccine.



Universal Precautions

- Also called “Standard Precautions”
- A method of infection control that treats all human blood and Other Potential Infectious Materials (OPIM) as capable of transmitting HIV, Hepatitis B or Hepatitis C and other bloodborne pathogens



Exposure Incident

A bloodborne pathogen can enter the body through:

1. Accidental injury with a sharp object such as metal, glass or needle
2. Open cuts, nicks and paper cuts as well as the mucous membranes of the mouth, nose or eyes
3. Direct transmission such as touching a contaminated object or surface and transferring the infectious material to the mouth, nose, eyes or an opening in the skin



Blood and Body Fluids

Capable of transmitting HIV, Hepatitis B and C:

- Blood
- Other body fluids:
 - Semen
 - Vaginal secretions
 - Amniotic fluid (around the fetus)
 - Cerebrospinal fluid (around the brain and spinal cord)
 - Peritoneal fluid (around the abdominal organs)
 - Pleural fluid (around the lungs)
 - Pericardial fluid (around the heart)
 - Synovial fluid (around the joints)
 - Saliva during dental procedures
- Any body fluid containing visible blood

How Can I Protect Myself?

- Engineering Controls
- Work Practice Controls
- Personal Protective Equipment
- Housekeeping
- Hepatitis B Vaccination

**Did you
wash them?**

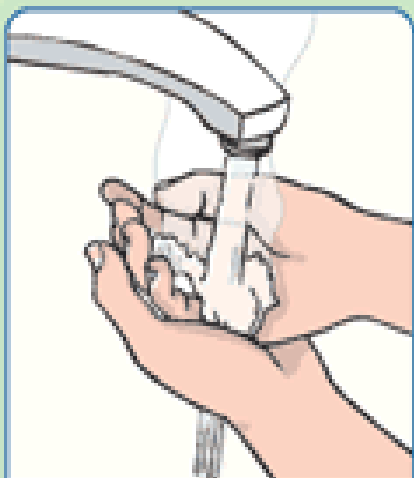


Hand washing prevents disease.

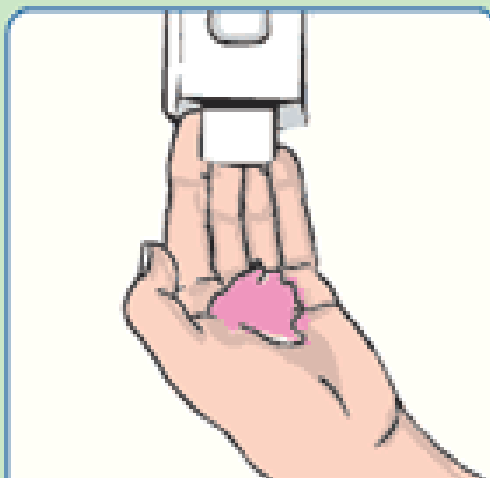
Work Practice Controls

- Handwashing is the single most important way to prevent the spread of infectious disease
- Washing hands with soap and water is preferable, but if not available use alcohol-based hand sanitizers
 - Use only soap and water if hands are visibly soiled
- Wash Hands:
 - Before eating
 - After using the restroom
 - After assisting students with personal hygiene
 - After any contact with blood, body fluids, OPIM or handling soiled objects

FIGHT GERMS BY WASHING YOUR HANDS!



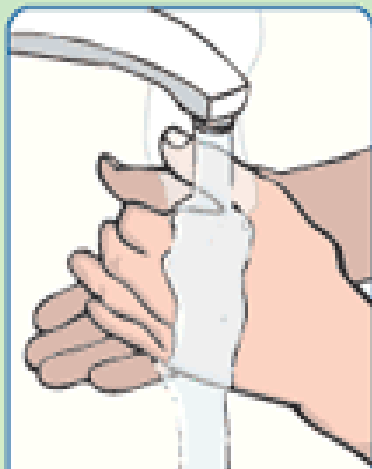
1 Wet your hands



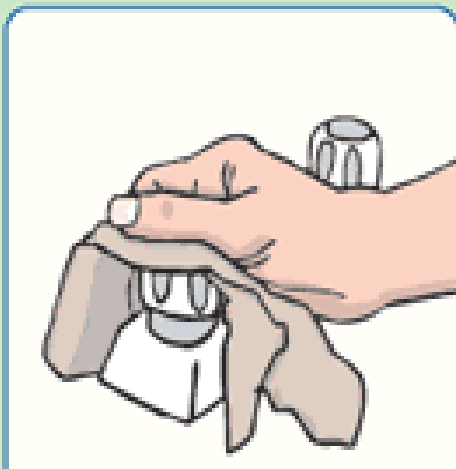
2 Soap



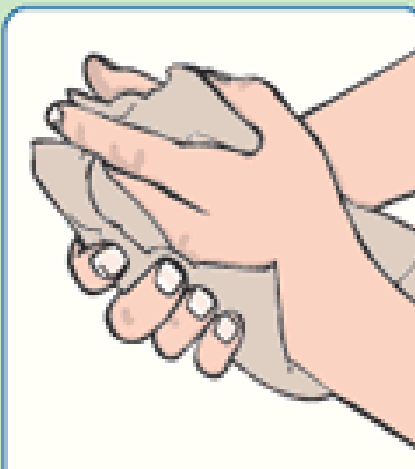
3 Lather and scrub - 20 sec



4 Rinse - 10 sec



5 Turn off tap



6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands



Personal Protective Equipment (PPE)

When caring for a student with diabetes, the greatest risk of exposure is from:

- Contact with the student’s blood on non-intact skin
- Accidental needle/lancet sticks

To help prevent exposure, disposable gloves should be worn by staff at all times when the student is checking blood sugar and administering insulin

How to Remove Contaminated Gloves

It is important to put on and remove gloves correctly to prevent bloodborne pathogen exposure.

How to Remove Contaminated Gloves

Remember Glove-to-Glove, Skin-to-Skin

<https://www.youtube.com/watch?v=-iuy-hpuVfY>)



Handling and Disposal of Sharps

- Sharps include contaminated needles, lancets, other objects
- Do not recap used needles or lancets
- Do not bend or break needles
- Placed used needles, lancets or any other sharps in a puncture resistant sharps container with a biohazard label
- The containers must be kept in a secure area, such as the health office, away from students or other persons to prevent accidental or purposeful access



Cleaning Work Area

Cleaning of working surfaces must be completed immediately after contact with blood or OPIM.

For **small** spills:

- Wear gloves
- Use paper towels or tissues to wipe up soiled area
- After soil removed, use clean paper towels and soap and water to clean and dry the area
- Dispose of paper towels in a biohazard bag
- Disinfect area with an EPA approved germicide



Cleaning Work Area

Cleaning of working surfaces immediately after contact with blood or OPIM.

For **large** spills:

- Wear gloves
- Apply commercial sanitary absorbent agent over the soiled area. If not readily available, cover with paper towels until the custodian is available to clean and disinfect area
- Any trash dripping or oozing with blood should be double-bagged in plastic bags and marked with a biohazard sticker and disposed of according to district policy



Hepatitis B Vaccine

Employees who are identified by the employer as being at risk for occupational exposure to blood or OPIM must be offered the Hepatitis B vaccine.

- They must sign a waiver if they wish to decline the vaccine
- If waived, they may change their mind at any time and request vaccination
- Providing diabetes care for students places employees at risk for occupational exposure

Hepatitis B vaccine is 80-95% effective in preventing both HBV infection and disease

- Given in a series of 3 injections—initial, 1 month and 6 month intervals
- Protects against Hepatitis B for at least 13 years

What should I do if I think I have been exposed?

- Provide First Aid:
 - Wash affected area with soap and water
 - If splashed in eye, flush eye(s) with water for 10 minutes
- Follow district BBP exposure policy for reporting exposure incident