OSHA/Standard Precautions

Protecting Yourself From Risk

INTRODUCTION

What is OSHA?

OSHA (Occupational Safety and Health Administration) is a United States agency that was created in 1970 by Congress under the Occupational Safety and Health Act signed by President Richard Nixon. OSHA makes rules for safety in the workplace to prevent deaths, injuries and illnesses related to work. The intent is to protect you.

UNITED STATES
DEPARTMENT OF LABOR

UNIVERSAL VS STANDARD PRECAUTIONS

What is the difference?

Universal Precautions: The practice of avoiding contact with bodily fluids, by means of the wearing of nonporous articles such as gloves, goggles, and face shields. The practice was introduced in 1985–88. **In 1996, this term was replaced with the term standard precautions.**

The Centers for Disease Control (CDC) **defines Standard Precautions as:** "A set of precautions designed to prevent transmission of HIV, Hepatitis B virus (HBV), and other blood borne pathogens when providing first aid or health care. Under standard precautions, blood and certain body fluids of all patients are considered potentially infectious for HIV, HBV and other blood borne pathogens"

PROTECT ME FROM WHAT?

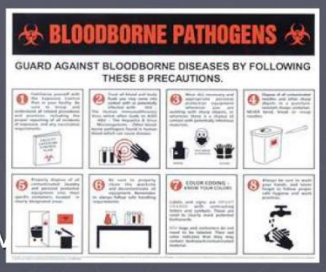
- Blood borne pathogens
- Diseases transmitted through blood or body fluids
- How to protect yourself and reduce your risk

What is a Blood Borne Pathogen?

- Blood borne pathogens are microorganisms in the blood or other body fluids that can cause illness and disease in people. These microorganisms can be transmitted through contact with contaminated blood and body fluids
- **Illnesses that result?** Hepatitis B, Hepatitis C, and HIV

Which Body Fluids

- Blood
- Semen and vaginal secretions
- Cerebrospinal fluid (found in the spine)
- Synovial fluid (found in joints)
- Pleural fluid (found in lungs)
- Peritoneal fluid (found in abdominal cav
- Pericardial fluid (found in heart "sac")
- Amniotic fluid (pregnancy)



Body Fluids that do not apply Standard Precautions

- Feces (stool)
- Nasal secretions
- Sputum
- Sweat
- Tears
- Urine
- Vomitus

***__**EXCEPTION:**__ If visible blood seen, then standard precautions do apply

WHAT DISEASES ARE TRANSMITTED?

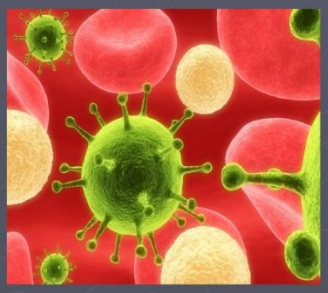
- HEPATITS B
- HEPATITIS C
- HUMAN IMMUNODEFICIANCY VIRUS (HIV) THE VIRUS THAT CAUSES AIDS.

HEPATITIS B

- An infectious illness caused by the Hepatitis B virus (HBV) which infects the Liver, causing inflammation (or Hepatitis).
- Transmission of hepatitis B virus results from exposure to infectious blood or body fluids Other risk factors for developing HBV infection include working in a health care setting, transfusions, and dialysis, acupuncture, tattooing, extended overseas travel and residence in an institution
- This is a Potentially life threatening disease
- Two Phases
  - Acute
  - Chronic = cirrhosis of liver or liver cancer
- Symptoms include

(30% have no signs or symptoms)

  - Fever
  - Weakness
  - Headache
  - pain in right upper quadrant
  - Jaundice
  - dark-colored urine
  - clay-colored stools
- Vaccine available



Hepatitis C

- Affects the liver
- May lead to long term liver damage or liver cancer
- Symptoms include

(80% do not have signs or symptoms)

  - Jaundice
  - Fatigue
  - Dark urine
  - Abdominal pain
  - Decreased appetite
  - Nausea
- No Vaccine Available

HIV
Human immunodeficiency virus

- Attacks immune system
- Can lead to AIDS
  - Incurable
  - Fatal
- Initial signs and symptoms: flu-like symptoms
- Transmitted through contaminated blood and other body fluids
- Can not be transmitted through casual contact – fragile virus
- No vaccine to protect against HIV infection

Standard Precautions

- **Every person should be treated as though they have an infectious disease**
- Protective barriers
- Proper hand washing
- Appropriate disposal of hazardous w
- Proper cleaning of contaminated areas

Protective Barriers (PPE)

- Single use disposable Gloves should be worn when it is likely you could come in contact with blood or body fluids
  - Assisting with personal care
  - When frank (visible) blood is present
  - When caregiver has broken areas of skin
  - When cleaning up blood spills or body fluids
- Do Not reuse gloves
- Remove gloves prior to touching non-contaminated objects
- Remove gloves promptly after use and wash hands thoroughly
- Use resuscitation devices, when available, instead of direct mouth to mouth resuscitation

Glove Removal

- Pinch palm of glove on one hand and pull glove down and off fingers.
- Form glove into a ball and place in palm of gloved hand.
- Insert (2) fingers of ungloved hand under inside rim of gloved hand. Push glove inside out, down over fingers and around balled up glove.
- Grasp inside out gloves and discard into plastic bag, seal bag.
- Wash hands.

Hand Washing

- Wet hands with warm, running water.
- Apply liquid soap and water.
- Wash hands thoroughly: using a circular motion- Wash between fingers, palmer and dorsal (back of) surfaces, & wrists.
- Rinse and dry hands well.
- Use a paper towel to turn off water.

Clean Up/Disposal

- Wear gloves
- Mop up spill with paper towels or other absorbent material
- Use a solution of 1 part household bleach and 10 parts water, wash area well
- Dispose of gloves, soiled towels and other waste in sealed double plastic bag

OTHER REMINDERS

- Keeping your self healthy is another important "Standard Precaution".
- Keeping UTD on Immunizations.
- Cover mouth when coughing/sneezing.
- Proper lifting/moving technique: Use your legs (not your back) to lift heavy objects
- Using proper procedure with physical restraints.
- Knowing when you are too ill to come to work-keeping yourself & everyone else healthy!

Conclusion

Prevention is the key!!

It is impossible to tell if someone has a transmittable illness by looking at him or her. Treat every situation as a potential risk and each individual as though he or she has an infectious disease.