



Universal Precautions (UP)



In this training we will:

- Describe the **risks** of exposure to bloodborne pathogens.
- Describe ways to **protect** yourself and others.
- Describe how to **access** and use HACAP's Exposure Control Plan.



Universal Precautions (UP)

Universal precautions

Treating all blood, body fluid, and potentially infectious material as if it contains a pathogen.





Universal Precautions (UP)

Protects . . .



Children



Co-Workers



Families



YOU!

**By preventing exposure to blood
and potential infectious material.**



Why Does it Matter?



- ★ **Federal Law and Iowa Child Care Licensing requires yearly training on Universal Precautions.**



BLOOD AND BODY FLUIDS





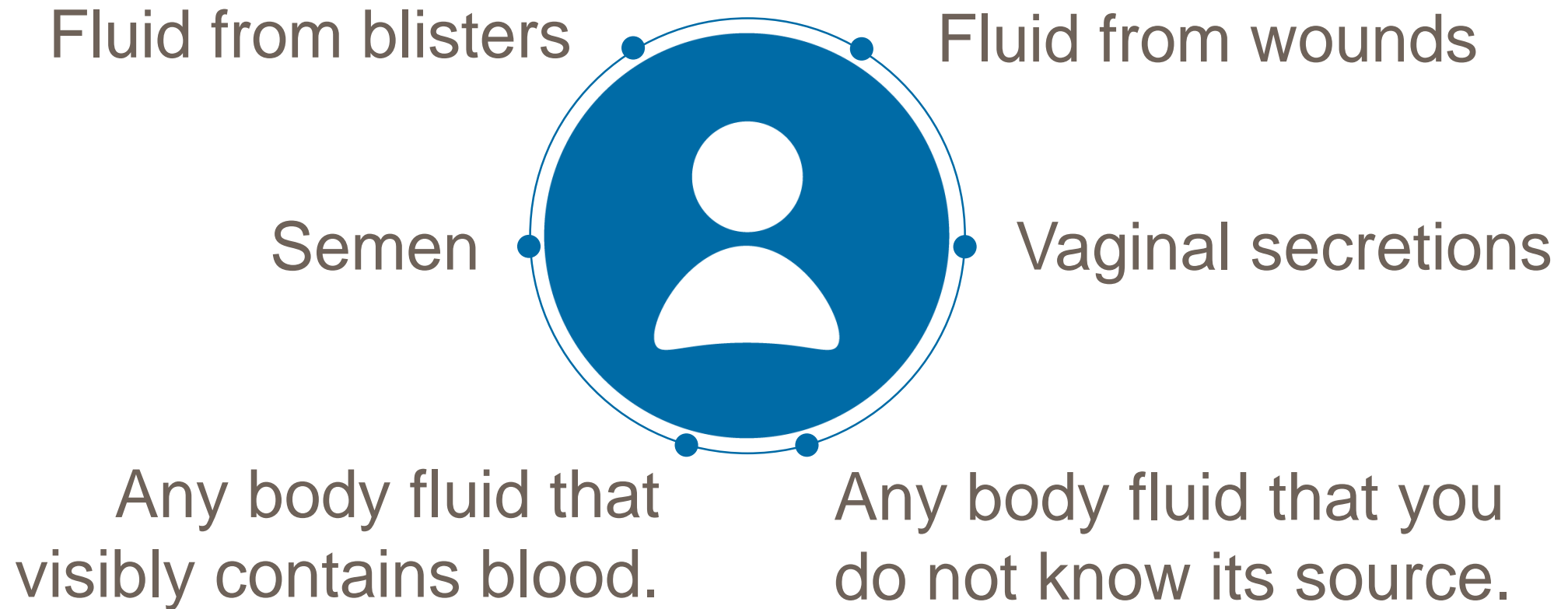
Blood



HUMAN BLOOD



Body Fluids





Did you notice...**Human Breast Milk** wasn't on the body fluids list



According to OSHA's & CDC's definitions...

Breast milk is classified as “**food**” & does not require universal precautions for handling body fluids.

OSHA's interpretation of regulation 29 CFR 1910.1030 states that breast milk is **not** an “occupational exposure.”



Human Breast Milk



You do **NOT** need to wear gloves when feeding or handling breast milk.



You will **NOT** become contaminated by touching breast milk.



Breast milk does **NOT** need to be stored in a separate refrigerator.



BLOOD and BODY FLUIDS

Carry germs which may cause diseases that are:

- Not easily treated.
- May cause disability.
- May cause death.





Germes in Blood and Body Fluids

Germes causing diseases of most concern:

**Hepatitis
B**

**Hepatitis
C**

**HIV
AIDS**



Hepatitis B



**Liver Failure
and death**



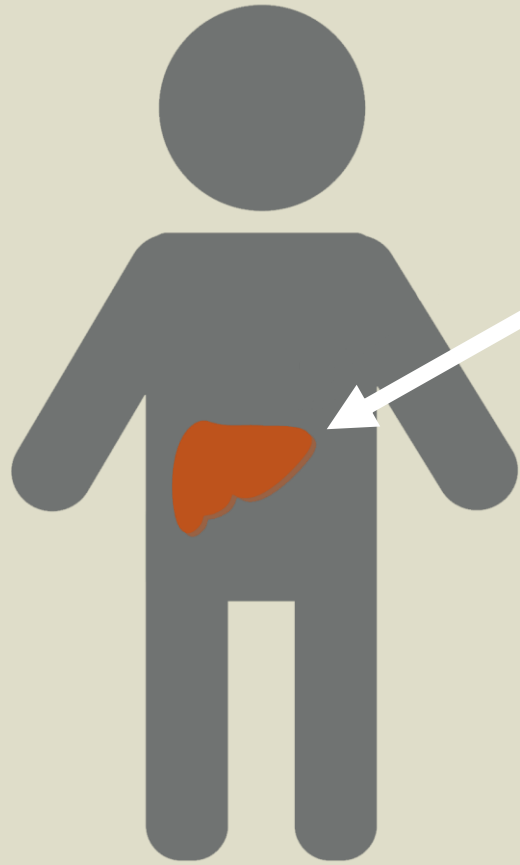
Hepatitis B

PREVENTION:

**Vaccination AND
Universal Precautions!**



Hepatitis C



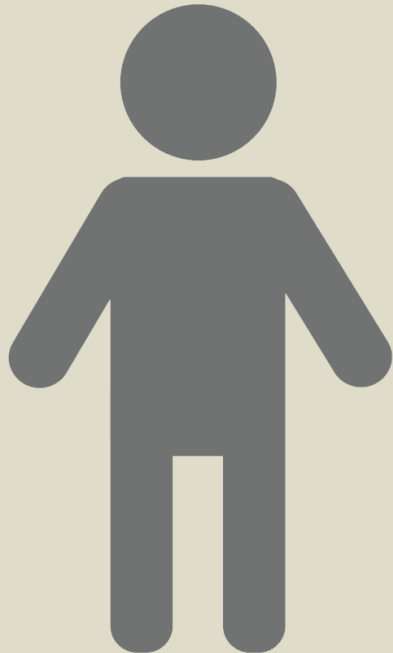
Damages
the liver
and may
lead to
**LIVER
CANCER.**

Hepatitis C



Hepatitis C

May have
NO symptoms



Hepatitis C



Everyone born 1945-1965
should get tested.



No vaccine available.



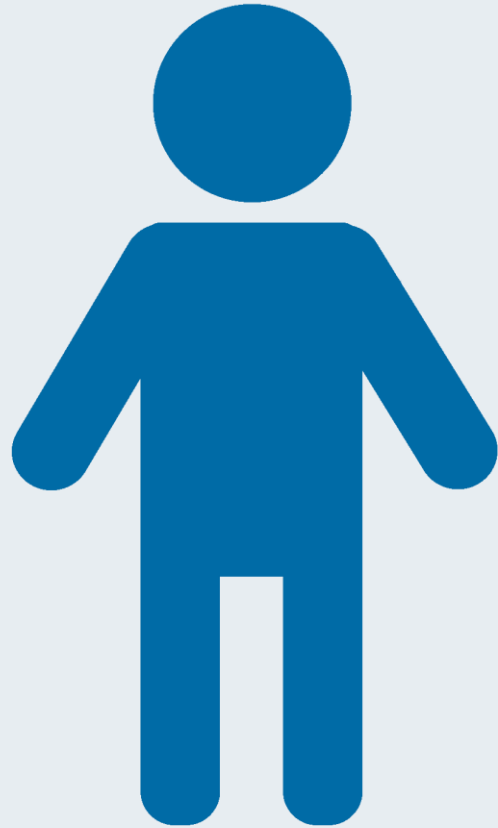
Treatment is available.

PREVENTION: No sharing needles
AND Universal Precautions.



Human Immunodeficiency Virus (HIV)

HIV



Causes: AIDS



HIV Symptoms





AIDS Symptoms



**Weight
loss.**



**Fever or
night
sweats.**



**Fatigue and
recurrent
infections.**



Human Immunodeficiency Virus (HIV)

HIV/AIDS



**No vaccine
for HIV/AIDS
available.**

Symptoms may
be present for
months or years.



PREVENTION:

- Protection during sex.
- No sharing of needles or “works” like spoons, cookers, cottons, or water.
- Universal Precautions.

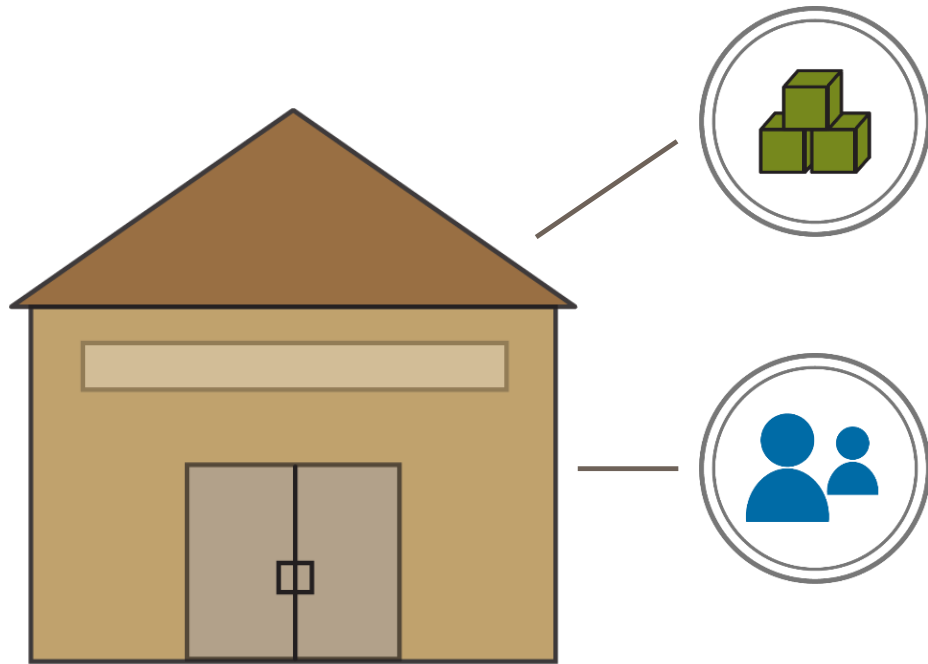


GERMS





Germs



Objects

Light switches, telephones, keyboards.

People

Hands, under fingernails, mouth, nose, in the blood and other body fluids.



How Germs Spread



Contact with:

- Contaminated object
- Infected person
- Contaminated food



Person to Object to Person





Some germs can live on objects for a long time.

- **Hepatitis B** virus can live on objects up to **7 days**.
- **Hepatitis C** virus can live outside the body at room temperature and on surfaces, for up to **3 weeks**.
- **HIV** may be spread by being stuck with an HIV-contaminated needle or other sharp object. HIV can live in a used needle up to **42 days** depending on temperature and other factors.



Some germs can live on objects for a long time.

HIV

- **Does not** survive long outside the human body (such as on surfaces).
- It **cannot** reproduce outside a human host.



HIV is NOT Spread by...



Touching



Sharing toilets or dishes



Closed-mouth or “social”
kissing someone who is
HIV-positive.



Common objects that transfer BBP

OBJECTS:



Needles



**Lancet for
checking
blood
sugar**



**First aid
supplies**



**Waste
materials**



How Germs Spread



From Person to Person



Person to Person

Germs spread from person to person:

- **No protective equipment** in use.
- **Direct contact** with blood or body fluid.





Person to Person

Common “at-risk” situations:

- Performing blood tests.
- Giving first aid.
- Behavior issues (biting, scratching).





Biting in Child Care: Exposure Risk

Human bites may result in bloodborne pathogen exposure if the skin is broken

- The risk of disease transmission from saliva is extremely **low**.
- Disease transmission generally **requires blood**.
- **Both** the person who was bitten and the biter need to be evaluated for possible blood exposure.



PROTECTING YOURSELF AND OTHERS





Protect and Prevent

ALWAYS:

- ☑ Use appropriate personal protective equipment (PPE).
- ☑ Use worksite safety controls.
- ☑ Keep a clean worksite.
- ☑ Vaccinate for Hepatitis B.



Personal Protective Equipment (PPE)

Special clothing or equipment worn by employee for protection against exposure.

Examples:



Gloves (non-latex)



CPR mask or shield





Use Personal Protective Equipment (PPE)

It's Federal Law!

Employers are required to **provide PPE**.

PPE is located in your site's first aid kit.





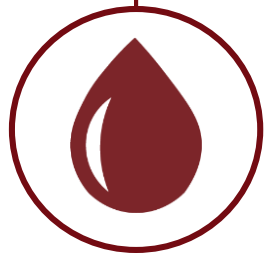
Use PPE Non-Latex Gloves Always and Every Time



Every time you give **first aid**.



Every time you **clean a wound**.



Every time you have potential for **contact with blood or body fluids**.



Additional PPE- Mask & Face Coverings



Masks and face coverings are a common and effective tool for preventing the spread of respiratory illness.



If a Mask/Face Covering is Worn...

Store in a separate space designated for each person when not in use.



Individually labeled containers or bags



Personal lockers



Cubbies



Masks/cloth face coverings should be washed or disposed of regularly after use.



PPE-Masks/Face Coverings

Refer to your program's policy regarding mask/face covering use.





Workplace Safety Controls

Workplace Safety Controls are actions that help to remove the hazard of exposure



Examples:

- Wastebasket with foot controlled lid.
- Sharps container.
- Handwashing policy.



Protecting Yourself and Others



NO EATING
& DRINKING



NO
SMOKING



NO APPLYING
COSEMETICS
OR LIP BALM



NO HANDLING
CONTACT
LENSES

Where **blood, body fluids, and other disease germs** may be **present**.



Workplace Handwashing

Paper Towels

Non-Antibacterial Soap

**Covered Hands
Free Trash Can**

**Sink with Running
Water (60-120° F.)**





Protecting Yourself and Others

When should you wash hands?

BEFORE:

- ✓ You **begin work** with children and when you **change from one group of children** to another.
- ✓ Handling **food, feeding, and eating.**
- ✓ Handling **medication.**





Protecting Yourself and Others

When should you wash hands?

AFTER:

- ✓ Handling **food**, **feeding**, **eating**.
- ✓ Giving **medication**.
- ✓ Giving **first aid**.
- ✓ Handling any **body fluids**.





Protecting Yourself and Others

When should you wash hands?

AFTER:

- ✓ **Sand and water play.**
- ✓ **Removing your disposable gloves.**
- ✓ **Toileting** self and children (diapering).
- ✓ **Handling animals, equipment, and waste.**





Keep a Clean Workplace



Follow your site's
cleaning schedule
for all areas of the
facility.



Cleaning Schedule

Includes routine:



Cleaning



Sanitizing



Disinfecting



Cleaning

Physically removes all dirt and contamination.

Rub and use friction to remove most germs and expose remaining germs to the effects of a sanitizer or disinfectant.





Sanitizing

Sanitizing reduces germs:

- Sanitize food contact surfaces and mouthed objects.
- Sanitize by using either heat in the dishwasher or approved chemicals.





Disinfecting

Disinfecting destroys most germs

Disinfect:

- Door and cabinet handles
- Drinking fountains
- Diaper changing surfaces
- Floors
- Sinks
- Toilets and bathroom surfaces





Keep a Clean Workplace

Follow your ✨
program's
policy and procedures
for clean-up of work
surfaces following all
exposures to blood and
body fluids.





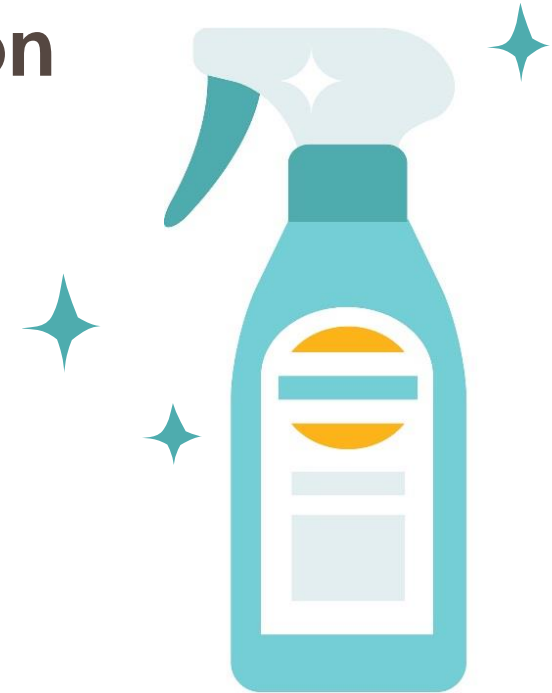
Cleaning up a blood or body fluid spill

POLICY AND PROCEDURES

Ensure that your disinfecting solution is **effective** against germs.

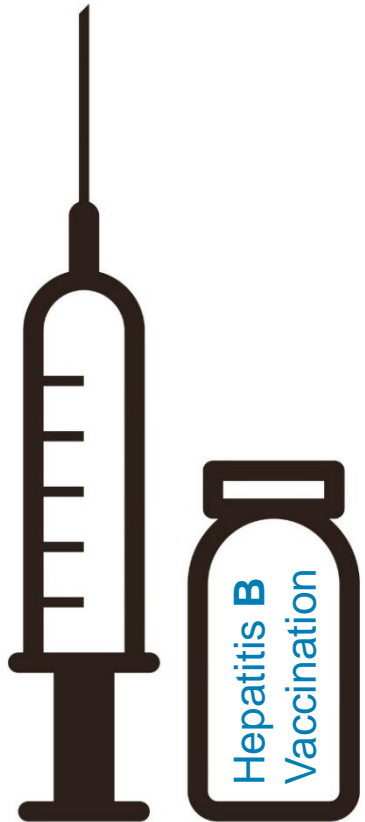
- ✓ Put on gloves
- ✓ Wipe up blood/fluid with paper towel
- ✓ Use disinfectant according to the manufacturer's instructions

Refer to the products **EPA** document.





Vaccinate for Hepatitis B



OSHA Requires:

All employees at risk of **exposure** to blood/body fluids shall be offered hepatitis B vaccination at no expense to the employee.

Hepatitis B immunization is a series of three shots given over 6 months.

Vaccinations are provided through local public health agencies.



Question:

“What do I do if I have an exposure to blood or body fluids even after taking all of these precautions?”





What do I do if I have blood or body fluids exposure?

Immediately follow these steps:

1

Wash needlesticks and breaks in the skin with soap and water.

2

Flush splashes to the nose, mouth, or skin with clean water.

3

Irrigate eyes with clean water or sterile saline solution.

4

Report the incident to your supervisor **and HR.**

5

Seek medical treatment.

★

Follow HACAP's Exposure Control Plan!



Exposure Control Plan

The Exposure Control Plan Includes:

1. Exposure determinations and definitions.
2. Training requirements
3. Methodology for practicing UP.
4. Post-exposure evaluation and follow-up.
5. Evaluating exposure incidents.
6. Recordkeeping.



Exposure Control Plan includes:

Job Positions at risk for exposure to blood or body fluids.

Examples:

- Clinic nurses
- Clinic Dieticians
- Dental Hygienists
- Teachers/ Assistant Teachers





Exposure Control Plan includes:

Workplace Safety Controls



Using
PPE



Disposal of biohazard
waste



Sharps
disposal



Cleaning, Sanitizing,
and Disinfecting



Handling and Storage Hazardous Materials and Appropriate Disposal of Biocontaminants

Needles and sharps
do require special
waste containers with
a biohazard label.





**COMING UP
NEXT:
QUIZ**





Quiz

1. An **Exposure Control Plan**...(choose the best answer)

A. Is required by law.

B. Includes Hepatitis B vaccination for at risk employees.

C. Includes worksite safety controls.

D. All of the above.



Quiz

1. An **Exposure Control Plan**...

A. Is required by law.

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Quiz

2. Germs can be found everywhere in the environment both inside and outside.

A. True

B. False



Quiz

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B. False



Quiz

3. People with **Hepatitis C** may have **no** symptoms.

A. True

B. False



Quiz

3. People with **Hepatitis C** may have **no** symptoms.

A. True

B. False



Quiz

4. Universal Precautions includes... (choose the best answer)

A. Personal Protective Equipment.

B. Hepatitis C vaccination.

C. Treating all blood and body fluids as infectious.

D. All of the above.

E. Both A and C.



Quiz

4. Universal Precautions includes... (choose the best answer)

A. Personal Protective Equipment.

D. All of the above.

B. Hepatitis C vaccination.

E. Both A and C.

C. Treating all blood and body fluids as infectious.



Quiz

5. Universal Precautions is protection for you, your family, your co-workers and your clients.

A. True

B. False



Quiz

5. Universal Precautions is protection for you, your family, your co-workers and your clients.

A. True

B. False



**Thank You for
Participating!**

