# SOUTH KITSAP SCHOOL DISTRICT
# BLOODBORNE PATHOGENS TRAINING

## Introduction

It is important for each South Kitsap School District employee to understand the dangers of infection and the safe procedures to minimize risk. Protecting yourself from bloodborne diseases on the job requires knowing the facts and taking sensible precautions. This training is designed to increase your awareness of blood pathogens by providing information on bloodborne diseases and how to prevent them from spreading.

Bloodborne pathogens are pathogenic microorganisms that are present in human blood and can cause disease. These pathogens include, but are not limited to, the Hepatitis B Virus (HBV) and the Human Immunodeficiency Virus (HIV).The Occupational Safety and Health Administration (OSHA) has developed a quality protection standard that we support. Those standards are shared in this information.

While not all South Kitsap School District employees are exposed to bloodborne pathogens performing their job duties, unexpected situations sometimes arise. Your safety is our concern. Please take the time to review this information carefully and answer the questions listed after each section. It is best for everyone in an educational setting to understand the dangers of bloodborne pathogens and prevention to protect our children and employees.

In addition to this initial bloodborne pathogens training and test, each employee will also receive annual training. This training is provided by Personnel Services and typically is sent to all District employees in October. The annual training will include an update on bloodborne pathogens and Hepatitis B vaccination.

## Hepatitis B Virus (HBV)

Hepatitis is a common name meaning "inflammation of the liver." Hepatitis B is a serious disease caused by the Hepatitis B Virus (HBV) that attacks the liver and can be spread to others. HBV is spread by sexual contact with an infected person or through direct contact with the blood of an infected person. You cannot spread HBV through casual contact.

Those infected with HBV may suffer from flu-like symptoms, loss of appetite, fatigue, nausea, vomiting, abdominal pain, and/or jaundice. These symptoms may become so severe that hospitalization is required. Others may notice no symptoms at all and be unaware that they are infected. The blood, saliva, and other body fluids of anyone infected with HBV may also become infected and they may be capable of spreading the disease to others. HBV can be fatal, as it may severely damage the liver, leading to cirrhosis. A vaccination is available to protect yourself from getting infected with HBV.

1. Hepatitis B cannot be spread through casual contact.
    a. True
    b. False

2. Which of the following symptoms could a person infected with Hepatitis B experience:
    a. Flu-like symptoms
    b. Cirrhosis of the liver
    c. No symptoms at all
    d. All of the above

**Human Immunodeficiency Virus (HIV)**

The Human Immunodeficiency Virus (HIV) attacks the body's immune system. People with HIV have an HIV infection. Some of these people will develop the disease commonly known as Acquired Immune Deficiency Syndrome (AIDS) as a result of their HIV infection. While HIV is primarily transmitted through sexual contact, it can also be transmitted through contact with blood and some body fluids. HIV is not transmitted through casual contact, such as touching or working around people who carry the disease.

Those infected with HIV may carry the virus without developing symptoms for many years. They may develop flu-like symptoms, fever, diarrhea and fatigue. Most eventually develop AIDS and/or AIDS-related illnesses, including neurological problems, cancer, and other opportunistic infections. Currently, there is no vaccination available to prevent HIV infection. Since 1996, powerful anti-retroviral therapies have been introduced which have dramatically changed the progression time between HIV infection and the development of AIDS. There are also other medical treatments that can cure or prevent some of the illnesses associated with AIDS, although these treatments do not cure AIDS itself.

3. The Human Immunodeficiency Virus (HIV) attacks what part of the human body?
    a. Nervous System
    b. Immune System
    c. Respiratory System
    d. None of the above

4. A vaccination to prevent HIV infection is currently available.
    a. True
    b. False

**Workplace Transmission**

Although it is unlikely that employees will be placed in situations where these diseases may cause a problem, it is always a good idea to be prepared. Children as well as adults can carry these bloodborne pathogens. Bloodborne pathogens can be found in blood, semen, vaginal secretions, torn or loose skin, unfixed tissue or organs. Bloodborne pathogens can cause infection by entering the body in several ways, including open cuts, nicks, skin abrasions, dermatitis, acne, and the mucous membranes of the mouth, eyes, or nose.

Infection can occur through accidental injury with a sharp object that is contaminated, such as broken glass, sharp metal, needles, knives, or exposed ends of orthodontic wires. Indirect transmission can occur when a contaminated object or surface is touched and the infection is then transferred to the mouth, eyes, nose, or open skin. This is of special concern with small children who like to place things in their mouths. Some disabled children may be more vulnerable to injury, have special medical needs, and be more dependent on adults for personal care. Special education employees should take extra precautions.

5. Bloodborne pathogens are only a concern when exposed to blood.
    a. True
    b. False

6. Bloodborne pathogens can enter the body through open cuts.
    a. True
    b. False

**Universal Precautions**

According to the concept of Universal Precautions, all blood and most body fluids are treated as if known to be a potential carrier of infectious disease. No distinction is made between fluids from someone with a known disease and fluids from someone without any symptoms or with an undiagnosed disease. The term "body fluids" includes blood, semen, drainage from scrapes and cuts, feces, urine, vomit, respiratory secretions (e.g. nasal discharge) and saliva. There are many people who carry infectious disease that have no visible symptoms or knowledge of their condition. HIV and HBV infect people from:

- All age groups
- Every socioeconomic class
- Every country and territory
- Rural areas and inner cities

Universal Precautions resolves uncertainty by requiring that every person, all blood and most body fluids, be considered a potential carrier of infectious disease. You cannot identify every person who may transmit infection, so take every precaution, since it just takes one exposure to become infected. Universal Precautions require the use of protective barriers to reduce the risk of exposure to potentially infectious materials by the skin or mucous membranes. Universal Precautions are designed to supplement rather than replace recommendations for routine infection control, such as hand washing and using gloves to prevent contamination of hands.

7. It is easy to distinguish someone with an infectious disease from someone without one.
    a. True
    b. False

8. According to the concept of Universal Precautions, all exposure to blood and most body fluids should be treated as if known to be infectious with HIV, HBV, or other bloodborne pathogens.
    a. True
    b. False

**Reducing Risk**

Five tactics can reduce the risk of exposure to bloodborne pathogens on the job.

- Engineering Controls include physical or mechanical systems the eliminate hazards at their source, such as using appropriate containers for the disposal of regulated waste and towels soaked with blood or body fluids. Be sure to become familiar with the engineering controls at your building and use them.

- Work Practice Controls include specific procedures you must follow on the job to reduce your exposure to blood or other potentially infectious materials. Certain job categories are identified to handle bloodborne hazards on a regular basis.

- Personal Protective Equipment protects you from contact with blood or other potentially infectious materials. Such equipment varies with the task and the degree of exposure anticipated and may include gloves, gowns, aprons, lab coats, face shields, protective eye wear, masks, mouthpieces, resuscitation bags or other ventilation devices. You will be advised by your work site if you are required to wear protective equipment and will be trained to use this equipment properly.

**Reducing Risk – continued**

- Good Housekeeping protects you, the students, and your coworkers. Good housekeeping is everyone's responsibility. Each building has specific methods and regular schedules for cleaning environmental surfaces possibly contaminated with infectious materials.

- Hepatitis B Vaccination for those within identified at-risk job categories or post-exposure for anyone who experiences a blood exposure incident that warrants vaccination as determined by the employee's healthcare provider within twenty-four hours of exposure (see Form 79B of the Employee's Post Blood Exposure Information Packet).

9. Any employee that experiences a blood exposure incident is eligible for the Hepatitis B vaccination if indicated by the employee's healthcare provider within twenty-four hours of exposure.
    a. True
    b. False

**Washing Hands**

Infectious material can linger on your hands without your knowledge. A good way to protect yourself is to wash your hands regularly (or use other types of hand cleansers or antiseptics if hand washing facilities are not immediately available). Wash your hands as soon as possible after removing protective gloves. Wash areas that come into direct contact with blood as soon as possible after exposure (skin, mucous membranes, etc.).

**Wearing Personal Protective Equipment**

Personal protective equipment includes specialized clothing or equipment worn by an employee for protection against a hazard. You will be advised by your supervisor or designee if you are required to wear protective equipment. You will be trained to use all equipment properly. Make sure that you use appropriate equipment that is free of flaws and that protective clothing fits you properly. In schools, gloves and ventilation devices for CPR are the most common types of personal protective equipment.

**Wearing Gloves**

Gloves are the most common and effective way to avoid contact with blood and bodily fluids. Never reuse gloves that are torn, punctured or contaminated. Gloves should be removed as soon as they become contaminated, damaged, or as soon as possible after the task is completed. Take care to make sure any fluids on the gloves do not make contact with your hands. With both hands gloved, peel one glove off from the top to the bottom and hold it in the gloved hand. With the exposed hand, peel the second glove from the inside, tucking the first glove inside the second. Dispose of the gloves immediately and never touch the outside of the glove with exposed skin. Remember to wash your hands.

10. After handling a body fluid or blood with gloves, it is safe to rinse the gloves and use again later.
    a. True
    b. False

11. Even though protective gloves are worn, hands should still be washed after contact with blood or bodily fluids.
    a. True
    b. False

**Hepatitis B Vaccination**

The Hepatitis B vaccination is one of the best ways to protect yourself from the Hepatitis B Virus. The vaccination consists of three injections over a six-month period. Employees considered to be at high risk due to the nature of their assignment with the District (occupational exposure) are offered the Hepatitis B vaccination at the District's expense. This currently includes employees in the following job categories:

Certificated Assignments

- Industrial Arts Teachers in Machine Shops
- Occupational Therapists
- Physical Education Teachers
- Physical Therapists
- Pool Manager
- Registered Nurses
- Special Education Teachers - Day Treatment
- Special Education Teachers - Preschool
- Special Education Teachers - Self-Contained
- Speech Language Pathologists

Extra-Curricular Assignments:

- Coaches

Classified Assignments:

- Custodians (day shift) at South Kitsap High School
- District Plumbers
- Laundryperson
- Licensed Practical Nurses
- Lunchroom/Playground Supervisors
- Office Staff (assigned to health room duties)
- Paraeducators-Special Education - any regularly scheduled diaper changing duties
- Paraeducators-Special Education - assigned to day treatment
- Paraeducators-Special Education - assigned to preschool
- Paraeducators-Special Education - assigned to self-contained classroom
- Physical Therapy Assistants
- Assistant Pool Manager
- Security Officers and Assistant Security Officer
- Speech and Language Therapy Assistants

Custodians, bus drivers, principals, and assistant principals have been targeted as the next group of employees (in that order) to be offered the vaccination, as funding allows. This information is updated and provided to all employees annually in the Annual Hepatitis B and Bloodborne Pathogens Training packet provided by Personnel Services.

12. Which of the following job categories are considered a high risk for occupational exposure to bloodborne pathogens?
    a. Speech Language Pathologist
    b. Laundryperson
    c. Security Officer
    d. Coach
    e. All of the above

**Accidents or Body-Fluid-Exposure Incidents**

**All personal injury accidents or employee body-fluid-exposure incidents must be reported to a supervisor or designee immediately** . This person will assist you in filling out the proper forms and will forward them to the designated department for filing and distribution to the appropriate agencies. The following District forms may be used in the reporting of an injury or accident:

- Employee's Accident/Incident Report Form 79 is used to report an injury, near-miss incident, or a body-fluid-exposure incident of an employee. (If the employee requires professional medical attention relating to an injury, then it is mandatory for the employee to complete the Self-Insured Accident Report, Form SIF-2.)
- Student Accident/Incident Report Form 305 is used to report an injury, accident, or body fluid/exposure incident of a student.
- Non-Student/Non-Employee Injury/Accident Report Form 326 is used to report an accident of a non-student or non-employee, such as a parent, community member, speaker, or anyone who is a visitor to school district property.
- Form 79 Memo begins an informational packet relating to procedures that must be followed regarding an employee's post-blood exposure.
- Medical Treatment Waiver Form 79A
- Health Care Practitioner's Voucher and Report for Post Exposure Evaluation and/or Follow Up After a Body-Fluid-Exposure Incident Form 79B
- Supervisor's Report of an Accident Form 79C

If you have any questions following a blood exposure incident, please consult your supervisor or the Safety Office located at Facilities and Operations .

13. All personal injury accidents or employee body-fluid-exposure incidents must be reported to a supervisor or designee immediately.
    a. True
    b. False

14. If an employee requires professional medical attention relating to an injury, then it is mandatory for the employee to complete the Self-Insured Accident Report SIF-2.
    a. True
    b. False

**South Kitsap School District provides:**

- this training on bloodborne pathogens to all employees;
- safety equipment and procedures;
- guidelines for action in case a blood exposure incident should occur;
- vaccination for employees in high risk job categories;
- post-exposure vaccination for any employee who experiences a blood exposure incident that warrants vaccination as determined by the employee's healthcare provider within twenty-four hours of exposure (see Form 79B of the Employee's Post Blood Exposure Information Packet).

15. South Kitsap School District provides bloodborne pathogens training once upon employment only.
    a. True
    b. False

**For More Information**

The following resources are available for more information on bloodborne pathogens:

- South Kitsap School District Employee's Post Blood Exposure Information Packet
- South Kitsap School District (www.skitsap.wednet.edu)
- Kitsap County Health District (www.kitsapcountyhealth.com)
- Washington State Department of Health (www.doh.wa.gov)
- U.S. Department of Health and Human Services (www.hhs.gov)
- Centers for Disease Control and Prevention (www.cdc.gov)

If you have any questions about bloodborne pathogens, including vaccinations or exposures, please contact Personnel Services at 360-874-7075.

