

# OSHA Self-Training



**SUMMER 2012**

# What you need to know



- What is OSHA?
- Other Agencies that Guide
- Bloodborne Pathogens and Prevention
- Common Diseases and Workplace Exposures to Bloodborne Pathogens
- Facts about HIV, Hepatitis B, and Hepatitis C
- Universal Precautions/ Standard Precautions
- PPE (Personal Protective Equipment)
- Work Practice Controls and Engineering Controls
- Hazard Communication Law and It's Subparts
- Workplace Violence Policy
- Other Information: Labeling Requirements, MSDS Sheets, In Case of Emergency, Where Safety Equipment is Located
- Conclusion

# First Thing's First...



## What is OSHA?

- OSHA stands for:  
**Occupational Safety and Health Administration**
- Created as an Act of Congress to protect workers and ensure healthful working conditions
- This Act required all employers to provide to all employees a workplace that is *“free from recognized hazards that are causing or are likely to cause death or serious physical harm”*

# Other Agencies that Guide



- Listed here are other agencies that provide regulatory guidance that influence practice:
  1. EPA- Environmental Protection Agency
  2. FDA- Food and Drug Administration
  3. CDC- Centers for Disease Control and Prevention

# Bloodborne Pathogens and Prevention



- Bloodborne pathogens are microorganisms that are carried in the blood that can cause disease in humans
- Prevention plan:
  - Get hepatitis B vaccination!
  - Treat ALL blood as potentially infectious
  - Use barriers to prevent blood contact (Personal Protective Equipment)
  - Safely dispose of sharps and blood contaminated materials

# Common Diseases and Workplace Exposures to Bloodborne Pathogens



- **Common Diseases:**

- Malaria
- Syphilis
- Hepatitis B (HBV) / Hepatitis C (HCV)
- Human Immunodeficiency Virus (HIV)

- **Common Exposures:**

- Open cuts/wounds
- Mucous membrane (examples: eyes, nose, etc.)
- Non-intact skin
- Human bites

# Facts about HIV, Hepatitis B, and Hepatitis C



- HIV: is a disease that most people worry about. HIV is not resilient outside of the body and can be killed with dish soap. Because of the fragile nature of the virus, the risk of you contacting the disease through volunteering is low.
- Hepatitis B: is a larger concern. It can live in dried blood for up to 10 days, and cannot be seen with the naked eye.
- Hepatitis C: has become more prevalent over the past 20 years. It has many of the properties of Hepatitis B, but the severity of the disease is much greater.

# Universal Precautions/ Standard Precautions



- Protecting yourself means...
  - Treating all human blood and other potentially infectious materials (body fluids, tissues, towels, etc) as if they are contaminated.
- Example: If you spot a tissue on the ground, do not pick it up with bare hands. If you feel comfortable doing so, pick it up using a glove on your hand.
- If there is an incident involving a body fluid, contact a clinical staff member for assistance.



# Personal Protective Equipment



- Specialized clothing or equipment worn by an employee for protection against infectious materials
- Must be properly cleaned, laundered, repaired, and disposed of at no cost to employees
- Must be removed when leaving area or upon contamination

# Examples of Personal Protective Equipment (PPE)



- Gloves
- Gowns
- Face shields
- Eye protection
- Mouthpieces and resuscitation devices

# Work Practice Controls & Engineering Controls



- *Work Practice Controls*: behavior based; changing the way someone performs a task, to remove or lessen the exposure, as opposed to the use of a physical device, such as an engineering control
  - Examples: Hand washing, prohibiting two-handed recapping of needles, prohibiting food or drink in the work area, prohibiting PPE in the break area
- *Engineering Controls*: physical devices used to isolate or remove hazards from the employee. **These should always be the first-line of defense**
  - Examples: Sharps containers, blade removers, needle recappers, cassette systems, ultrasonic or instrument washing machines

# If Nothing Else Remember...



- **Wash your hands frequently!**
- Wash your hands at least twice a shift, and **DEFINITELY** before you leave the building
- Do not eat, drink, apply cosmetics or lip balm, or touch your nose, mouth or eyes in patient areas
- Treat **ALL** human blood and other potentially infectious materials (body fluids, tissues, towels, etc) as if they are contaminated
- Use a barrier (PPE- gloves, etc) when disposing of potentially infectious materials or ask clinical staff member for assistance if needed
- Protect yourself above **ANYONE** else (including patients)

# Hazard Communication Standard



- Known as “Employee Right to Know Law”
- Purpose is to inform employees about:
  - The chemicals they are exposed to in the workplace
  - How to protect themselves from chemical hazards
  - Also ensures that all chemical hazards are evaluated
- **Subparts:**
  - D. Walking and Working Surfaces
  - H. Hazardous Materials
  - I. Personal Protective Equipment
  - K. First Aid
  - L. Fire Safety
  - Z. Record Keeping
  - Z. Radiation

## Subpart D. Walking and Working Surfaces



- All areas are to be kept clean, orderly and sanitary
- **Clean with disinfectants!**
- Aisles and hallways must be free of clutter
- Floors must be clean and dry

# Subpart H. Hazardous Materials



- Label tanks and flow meters
- Secure tanks in an upright matter

# Subpart I.

## Personal Protective Equipment (PPE)



- **When is it necessary?**
  - **Anytime** when coming in contact with bodily fluids (mucous, blood, etc) or any other potentially infectious materials that could be contaminated
- **What PPE is required?**
  - Depending on situation gloves, gowns, face shields, eye protection, or mouthpieces and resuscitation devices
- **The limitations of PPE**
  - Cannot guarantee the potential for becoming infected. Other measures should be taken if symptoms present signs of a bloodborne pathogen



# Subpart K. First Aid



- First Aid kit is located at the Nurse's Station
- Eyewash stations:
  - There are two eye wash stations
    - ✦ One is located in the lab
    - ✦ Other will be moving due to construction
  - If a chemical splashes into the eye, you **need to flush both eyes** simultaneously with water for at least 15 minutes

# Subpart L. Fire Safety



- Location of fire extinguishers
  - Indicated on evacuation plans
- Evacuation plans are posted throughout agency and is posted in the break room
- CVIM's safe meeting location is across the road in the parking lot.

# Subpart Z. Record Keeping



- Employee's files should contain: Name, social security number, hepatitis B vaccination status and are kept separate from patient files in a locked cabinet
- Documents that need to be kept: Results of examinations, medical testing, and post-exposure evaluation and follow-up procedures; Health care professional's written opinion; Information provided to the health care professional
- Employees medical records must be kept confidential and not disclosed or reported without the employee's written consent (unless required by law)
- Medical records must be maintained for duration of employment plus 30 years according to OSHA's rule governing access to employee exposure and medical records

# Subpart Z. Radiation



- Monitoring
- Remove yourself from the room
- Never hold films for patients
- Know how to operate your x-ray machine

# Workplace Violence Policy



- CVIM **prohibits** and **will not tolerate** any form of workplace violence against an employee by another employee, supervisor or third party, including patients and visitors both at the workplace and at employer-sponsored events.
- CVIM **prohibits** all employees from possessing weapons of any kind at the workplace, while engaged in activities for CVIM and at CVIM-sponsored events.

# Workplace Violence



- Includes:

- Making threatening remarks (written or verbal)
- Aggressive or hostile acts.
  - Examples: shouting, using profanity, throwing objects at another person, fighting or intentionally damaging a co-worker's property.
- Bullying, intimidating or harassing another person
- Behavior that causes another person emotional distress or creates a reasonable fear of injury such as stalking.
- Assault
  - ✦ *\*This list is **not** exhaustive. No form of workplace violence will be tolerated*

# Other Information



- Labeling Requirements
- MSDS Sheets
- In Case of Emergency
- Where Safety Equipment is Located

# Labeling Requirements



- OSHA requires labels must be put on products transferred out of their original container
- Labels do not have to be put on transfer containers



# MSDS sheets



- **MSDS: Material Safety Data Sheet**
- **Must be kept in alphabetical order**
- **Must be kept for 30 years along with chemical lists**
- **They are located in the office of the Clinical Services Director**

# In Case of Emergency



- Meeting place when there is an evacuation:
  - Parking lot across the street
- Fire Extinguishers are located
  - Refer to evacuation plans located throughout agency and in break room
- The Safety and Infection Control Administrator at CVIM is: Kristi Mattzela, *Clinical Services Director*

# Where Safety Equipment is located



- First Aid Kit: Nurse's Station
- Eyewash units: Laboratory and to be determined (post construction)
- Spill Kit: Laboratory
- MSDS sheets and chemical lists: Clinical Services Director office
- Emergency Kit: Laboratory

# Questions...



- If you have any questions feel free to speak with Kristi Mattzela the Clinical Services Director or any other full time staff member at CVIM.

# Congratulations!



**You have completed the self-study for OSHA!**