



Infectious Disease and



We may all find it necessary, at some time in the future, to help a co-worker who has been seriously injured and is bleeding. It is natural to be most concerned with helping the injured person at this time, but you should also think about protecting yourself from infection. Many diseases, such as Hepatitis, can be transmitted from saliva-to-blood, or from blood-to-blood contact. Individuals may have such a disease and not know it, because of the long incubation period. They may have contracted an infectious disease through blood transfusion or exposure to food that has been handled by an infected person. Don't add another route for infection-unprotected first aid assistance. Always follow "universal precautions" when there is a potential for contacting another's body fluids. This term means that "all injured persons should be considered *as if* they are infected with a BBP when administering first aid or medical attention.

- One of the best ways to protect yourself when giving first aid is by wearing rubber or latex gloves. Even small finger cuts or abrasions on your hands could provide entry for a virus or bacteria. Gloves should *never* be re-used
- First aid kits should also be stocked with face masks and glasses. If there is a chance of blood splattering, cover your mucous membranes-mouth, nose and eyes-with a mask and goggles. A dust mask or respirator will do in a pinch.
- Mouth-to-mouth resuscitation offers another potential for exposure to infectious disease. You can protect yourself through the use of a disposable micro-shield, which should also be supplied in first aid kits.
- Blood-contaminated gloves, clothing, bandages and absorbent materials should be properly deposited in leak-proof containers that are clearly marked with the red biohazard symbol.
- Wash hands and other exposed skin immediately and *thoroughly* with soap and warm water if you've been exposed to blood or body fluids. To be safe, you should also be tested for pathogens.
- When bleeding occurs in the workplace, the area of the spill should be disinfected. A mild solution of water and household chlorine bleach (10-to-1) is an accepted method. Someone who touches a blood spill even hours later could be subject to infection if disinfectant isn't used.

What's in a BASIC 1st Aid Kit

- Gauze pads (at least 4" x 4");
- Two large gauze pads (at least 8" x 10");
- Box adhesive band-aids;
- One package gauze roller bandage at least 2 inches wide;
- Two triangular bandages;
- Wound cleaning agent such as sealed moistened towelettes;
- Scissors;
- At least one blanket;
- Tweezers;
- Adhesive tape;
- Latex gloves (box);
- Resuscitation equipment such as resuscitation bag, airway, or pocket mask;
- Two elastic wraps;
- Splint;
- Directions for requesting emergency assistance;

Basic BBP Spill/Clean Up Kit

- Ziplock Bag(s);
- Absorbent Powder Bag(s);
- Antiseptic Towelettes;
- Antimicrobial Towelettes;
- Small Scoop/Scraper with own bag;
- BioHazard Bag w/ ties (7-10 gallons);
- Eye Shield;
- Mask;
- Paper towel(s);
- Gloves (Nitrile/ANSI);
- Alcohol Gel (Ansi preferred);
- Gown

