

# UNIVERSAL PRECAUTIONS

RURAL NEVADA COUNSELING

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Universal  
Precautions Training  
is required

at Orientation and  
annually

for all RNC  
paraprofessional and  
clinical staff



# Goals

- ▶ Know what bloodborne pathogens are and how they spread.
- ▶ Understand why and how to follow universal precautions

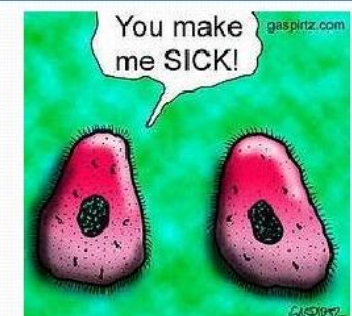


# Definition

- ▶ "Universal precautions," as defined by the CDC, are a set of precautions designed to prevent transmission of human immunodeficiency virus (HIV), hepatitis B virus (HBV), and other bloodborne pathogens.
- ▶ Under universal precautions, blood and certain body fluids of all people are considered potentially infectious for HIV, HBV and other bloodborne pathogens

## UNIVERSAL PRECAUTIONS

- Transmission of disease
  - A germ
  - A source
  - An exit
  - Method of transmission
  - Portal of entry
  - A susceptible person



When germ relationships go bad

*The goal is to stop germs from travelling from source to another person*

# Bloodborne Pathogens Standard



- ▶ The Bloodborne Pathogens Standard Helps Prevent Exposure to HIV and HBV
  - ▶ Bloodborne pathogens are disease-causing microorganisms in blood and other body fluids.
- ▶ HIV is the bloodborne pathogen that causes AIDS and destroys the immune system, preventing the body from fighting disease.
- ▶ HBV, or Hepatitis B, is the bloodborne pathogen that infects the liver and can lead to such problems as cirrhosis or liver cancer.
- ▶ OSHA's Bloodborne Pathogens Standard covers the steps employers and employees must take to prevent exposure to possibly infected blood or other body fluids.
- ▶ The regulation applies to workers at health care facilities, emergency responders, law enforcement professionals, and others whose jobs could expose them to human body fluids.

# Spread and Transmission

- ▶ HIV and HBV Are Spread Through Direct, Not Casual, Contact
- ▶ HIV and HBV are transmitted by:
  - ▶ Sexual contact, shared drug needles, being stuck by an infected needle or other sharp instrument, or direct contact between broken or chafed skin and infected body fluids.
  - ▶ HBV is also spread by contact with caked, dried blood and contaminated surfaces.
  - ▶ Body fluids include blood, semen, vaginal secretions, cerebral spinal fluid, synovial fluids, amniotic fluids, other fluids
- ▶ HIV and HBV are not spread by:
  - ▶ Coughing or sneezing, touching an infected person, or sharing equipment, materials, toilets, water fountains, or showers with an infected person

# Universal Precautions

- ▶ Universal Precautions Prevent the Spread of Bloodborne Infection
- ▶ Universal Precautions means: Treat all blood and body fluids as if they are infectious.





# Personal Protective Equipment

- ▶ Wear gloves. Don't touch your face or unnecessary surfaces
- ▶ Bandage cuts or broken skin before putting on gloves.
- ▶ Wear eye and face protection if there's a risk of blood splashes or sprays.
- ▶ Wear protective clothing if there's a risk of contact with body fluids.
- ▶ Use only PPE that's been inspected for damage before wearing.
- ▶ Remove contaminated PPE carefully so contamination doesn't touch your skin.
- ▶ Dispose of contaminated PPE in proper containers so contamination can't spread.



# Removing Gloves

- Removing gloves



# Hygiene

A. Wash hands and exposed skin carefully with soap and water after exposure.

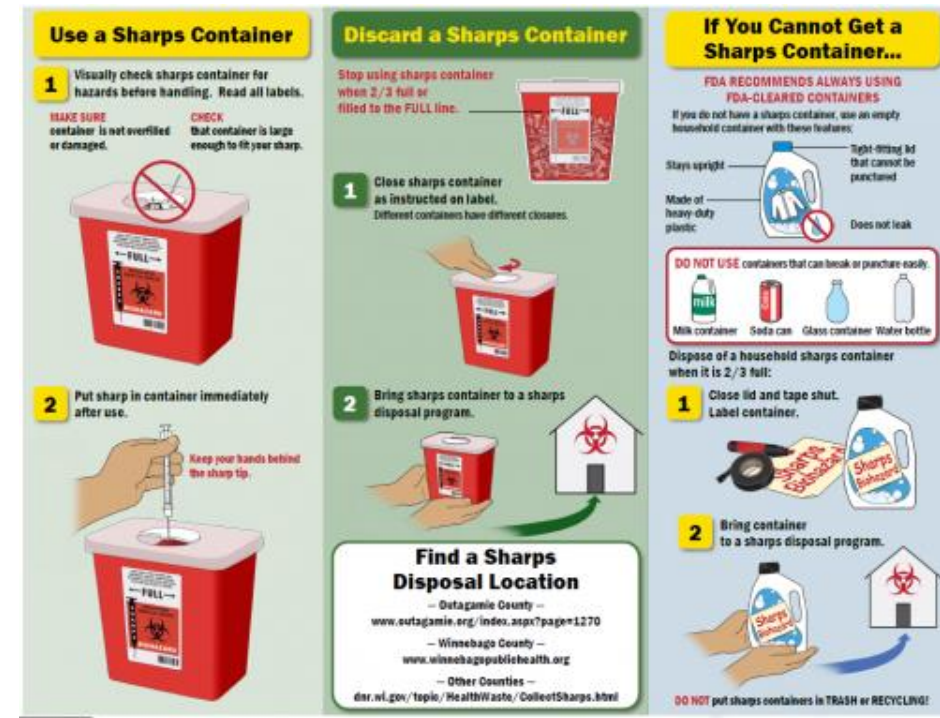
B. Flush eyes, nose or mouth with water as soon as possible after contact with blood or potentially infectious materials.

C. Don't eat, drink, smoke, apply cosmetics, or handle contact lenses in areas that could contain infectious materials.



# Sharps

- ▶ Universal Precautions Include Avoiding Direct Contact With Sharps
  - ▶ OSHA says to treat all sharps as though they're contaminated.
    - ▶ Don't shear or break or bend needles.
    - ▶ Don't reach your hand into a container that might contain sharps.
    - ▶ Use tongs or a similar tool, not your hands, to clean up broken glass.
    - ▶ Place all used sharps immediately in puncture-resistant, leakproof containers.



# If you get stuck...

- Wash with soap and water 5+ minutes
- Encourage bleeding
- Report to supervisor
- HIV/HPB prophylaxis



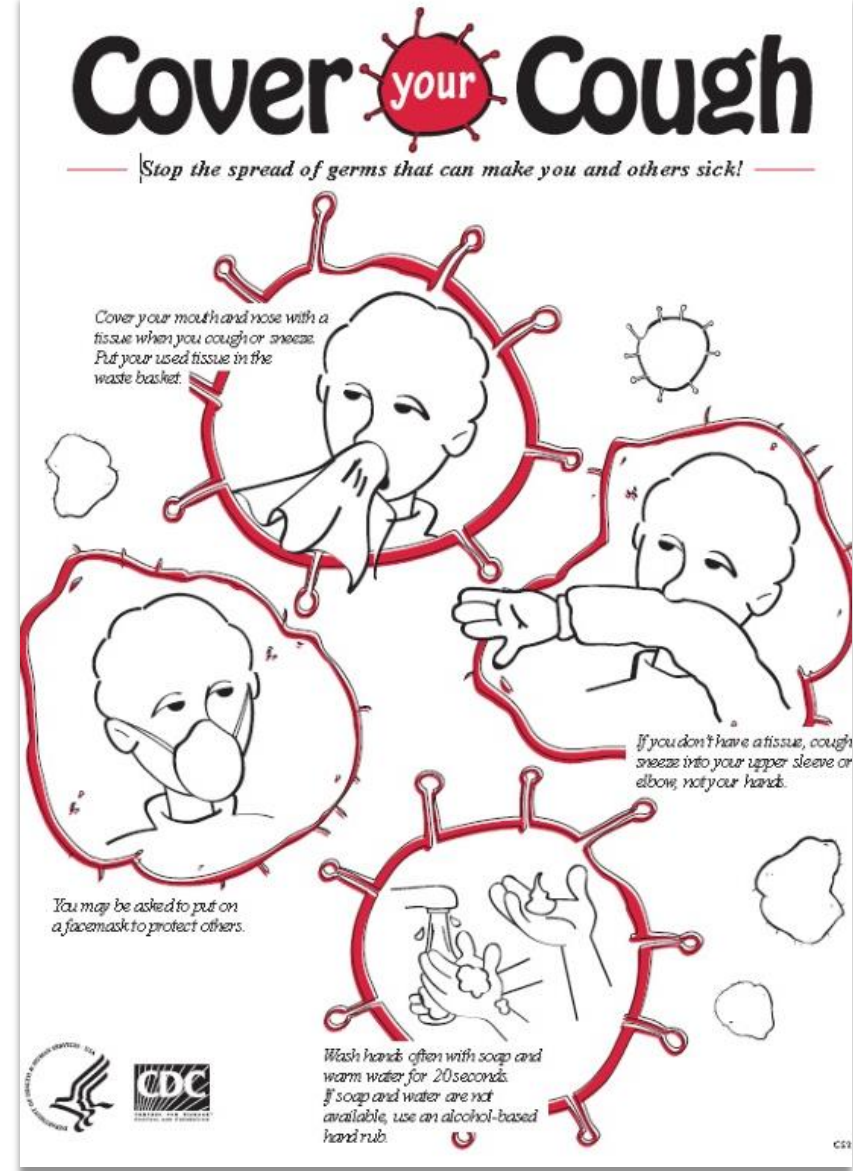


# Surfaces

- ▶ Apply Universal Precautions to Possibly Contaminated Materials and Surfaces
- ▶ OSHA requires:
  - ▶ Prompt and proper cleaning and decontamination for equipment or surfaces that have had contact with blood or potentially infectious materials
  - ▶ Wearing gloves and using leakproof transport containers to handle laundry that may have had contact with blood or other potentially infectious fluids



# Respiratory Etiquette



# Resources

- ▶ Middle Georgia State University Environmental Health and Safety(unk). *13-Universal precautions: Safety training*. Retrieved from [https://www.mga.edu/environmental-health-safety/docs/safety-manual/personal/info/Universal\\_Precautions.pdf](https://www.mga.edu/environmental-health-safety/docs/safety-manual/personal/info/Universal_Precautions.pdf)
- ▶ Muchiri, J, RN (2018). *Universal precautions. Keeping germs away. Keeping you healthy*. Retrieved from <https://www.slideshare.net/gatebe1/universal-precautions-9435570>
- ▶ United States Department of Health and Human Services Center for Disease Control and Prevention (1998). *Perspectives in disease prevention and health promotion update: Universal precautions for prevention of transmission of Human Immunodeficiency Virus, Hepatitis B Virus, and other bloodborne pathogens in health-care settings*. Retrieved from <https://www.cdc.gov/mmwr/preview/mmwrhtml/00000039.htm>
- ▶ United States Department of Labor, Occupational Safety and Health Administration (unk.). *Healthcare wide hazards. (Lack of) universal precautions*. Retrieved from <https://www.osha.gov/SLTC/etools/hospital/hazards/univprec/univ.html>



# Test

- ▶ Name, email address, and date on a piece of paper
- 1. True or False: HIV is a bloodborne pathogen that can cause AIDS and damage to the immune system, and HPV is Hepatitis, which can cause damage to the liver.
- 2. True or False: If I know a person doesn't have AIDS or HPV, I don't need to use Universal Precautions
- 3. True or False: Coughing or sneezing, touching an infected person, or sharing equipment, materials, toilets, water fountains, or showers with an infected person can cause HIV or HPB
- 4. Four types of PPE are: \_\_\_\_\_
- 5. Use \_\_\_\_\_ or \_\_\_\_\_ instead of hands to clean up broken glass
- 6. I should wash my hands before \_\_\_\_\_ and after \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
- 7. Turn in your answers to the Training Coordinator. You will receive a .5 hr Certificate of Completion, which will also be retained in your employee file.