

Fairfax County Park Authority
Volunteer Training
Bloodborne Pathogens



Bloodborne Pathogens

Bloodborne Pathogens: The Basics

- What are bloodborne pathogens (BBP's)?
- How are bloodbornes transmitted?
- Common BBP diseases
- Universal precautions
- Prevention methods
- What to do if an exposure occurs?

Bloodborne Pathogens: The Basics

What are bloodborne pathogens (BBP's)?

Bloodborne pathogens are microorganisms which may be present in blood and bodily fluids. These microorganisms can be transmitted through contact with contaminated blood. Workers exposed to BBP's are at risk for serious or life-threatening illnesses. Potentially infectious materials include:

- Blood
- Saliva
- Vomit
- Any “other” bodily fluid

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How are bloodbornes transmitted?

Contact with another persons blood or bodily fluids, which enter into the eyes, nose or mouth. An exposure may also occur when an infectious bodily fluid enters the bloodstream through an open wound or intact skin.

Common bloodborne pathogen diseases:

Hepatitis (A, B & C), TB, Malaria, West Nile Virus

Jobs with potential for exposure: Lifeguards, instructors, fitness room attendants, maintenance and custodial staff, etc.

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Universal precautions: Treat all blood and bodily fluids as if they are infectious. Avoid contact. Keep people away from the “spill area”.

Specialized training is required for staff who may be occupationally exposed to bloodborne pathogens. Do not attempt to respond to these situations without proper training. Please alert a Supervisor or staff member.

Prevention methods:

- Personal protective equipment (gloves, goggles)
- Frequent hand washing
- Increased cleaning with materials specifically designed for BBP's



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What to do if you become exposed:

- If blood or bodily fluids did not enter eyes/nose/mouth or open skin, an exposure is unlikely.
- If an exposure is suspected, wash the exposed areas with soap and water immediately.
- If something splashed in your eyes, irrigate with water for 10 minutes.
- Immediately notify your supervisor and keep others away from any spilled materials.
- Contact health care provider if you have concerns regarding the event. Provide detailed description of the event and how you cleaned/responded.

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Responding to an incident:

Band-Aid: Please give to patron and let them cover the wound. Provide paper towels/gauze if needed.

Bloody nose: Provide paper towels/tissues and let the patron address.

First aid: If a patron requires assistance beyond a Band Aid, please notify 1st aid trained staff.

Vomit episode: Place barrier (cones, chair, etc.) to prevent materials from being tracked throughout the facility. Notify maintenance/custodial staff.

Minor “blood event”: For incidents involving several drops of blood, spray with disinfecting solution and let sit per label instructions. Place cones. Wear latex/nitrile gloves and wipe with paper towels.

Larger “blood event”: For pools of blood, put barrier in place and notify maintenance/custodial staff.