

Date: _____

Job Name: _____

*“Don’t be scared,
be prepared.
Use universal
precautions when
you help out so
your safety’s
never in doubt.”*

When you administer first aid to an injured co-worker, your first thoughts are about helping him, but you should always take precautions to protect yourself against health hazards from exposure to blood and other potentially infectious body fluids. The risk of exposure to human immunodeficiency virus (HIV- the virus that causes AIDS), hepatitis B (HBV) and hepatitis C (HCV) is present anytime you are exposed to infected body fluids. You could be exposed if you provide first aid to an injured co-worker or when you help clean up any blood after an accident, a nosebleed, or even a minor cut.

Bloodborne pathogens can be transmitted when contaminated blood or other infectious body fluids come in contact with mucous membranes in your eyes, nose, and mouth or with broken skin due to cuts, abrasions, burns, paper cuts, or rashes.

Your safest bet is to remember and practice “Universal Precautions” designed to prevent transmission of bloodborne pathogens and to make sure you always use proper personal protective equipment. Here are a few key points to remember:

1. Always treat all blood and body fluids as if they are infectious.
2. Wear protective barriers such as disposable latex gloves, eye protection, and face shields.
3. Avoid unprotected mouth-to-mouth resuscitation; use mechanical respiratory devices or pocket masks.
4. Never touch surfaces or items soiled with blood.

If exposure or suspected exposure occurs:

1. Wash your hands and the exposed area with soap and warm water.
2. Flush your eyes, nose, mouth, or other exposed mucous membrane areas with water.
3. Immediately report any possible exposure to your supervisor.
4. Seek assistance and/or counseling from a healthcare professional.

In the process of saving a life with your first-aid training, you don’t want to risk permanently damaging your health. Protect yourself first and then confidently use your abilities to help when help is needed.

Supervisor Signature: _____

WEEKLY SAFETY MEETING

Vol.24 | No.16 | Week of 04-16-24

MEETING ATTENDEES

Date:

Job Name:

Print:

Signature: