



PROTECTING YOURSELF FROM BLOODBORNE PATHOGENS

There may be times you may find yourself at a cardiac arrest situation and there may be visible blood and/or body fluids present. These body fluids can be harmful. You should take the necessary steps to protect yourself.

Standard precautions should always be followed when dealing with blood or body fluids. All blood and other body fluids should be treated as if they are infectious. Standard precautions include using personal protective equipment (PPE) and proper equipment cleaning.

To prevent infection, you should follow these guidelines:

- Avoid contact with blood and other body fluids whenever possible.
- Wear disposable gloves whenever providing care and there is a risk of coming in contact with blood or other body fluids.
- Remove gloves without contacting the soiled part of the gloves and dispose of in a proper waste container.
- Wash hands with warm soap and water as soon as possible after providing care.
Use alcohol-based hand sanitizer when hand washing is not available.
- While wearing gloves, clean and disinfect all equipment soiled by blood or body fluids.
 1. Mix 1 ½ cups of liquid bleach to 1 gal of water and allow it to stand for at least 10 minutes (Preferred method).
 2. Contaminated clothing should be discarded or spot-cleaned using 3% Hydrogen Peroxide.
 3. Wipe down equipment with a disinfecting wipe.



If you are exposed, i.e. blood or other bodily fluids entering a mucus membrane, take the following steps immediately :

- Wash the infected area with warm soap and water. If splashed with blood or other body fluid in or around the mouth, nose or eyes, flush the area with copious amounts of water.
- **Immediately** report the incident to the on-scene firefighters and your coordinator.
- As necessary, follow up with your physician.



How to Properly Remove Gloves

To protect yourself, use the following steps to take off gloves:



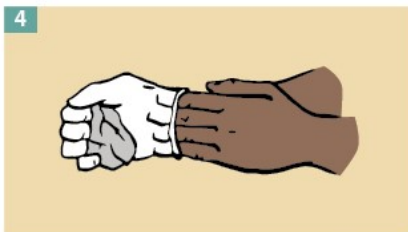
Grasp the outside of one glove at the wrist.
Do not touch your bare skin.



Peel the glove away from your body, pulling it inside out.



Hold the glove you just removed in your gloved hand.



Peel off the second glove by putting your fingers inside the glove at the top of your wrist.



Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.



Dispose of the gloves safely. Do not reuse the gloves.



Clean your hands immediately after removing gloves.

FREE TRAINING: For additional Bloodborne Pathogens information, visit the link below for a free online class:

<https://nhcps.com/course/bloodborne-pathogens-certification-course/>

This 15 minute, 6 module course is video based and is free of charge unless you wish to purchase the exam and receive a certificate of completion.

References:

www.redcross.org: Preventing the Spread of Bloodborne Pathogens: Facts and Skills. 2011.

Alabama Public Health Department: CDC Recommends wearing gloves when caring after someone who has COVID-19. April 2020.