

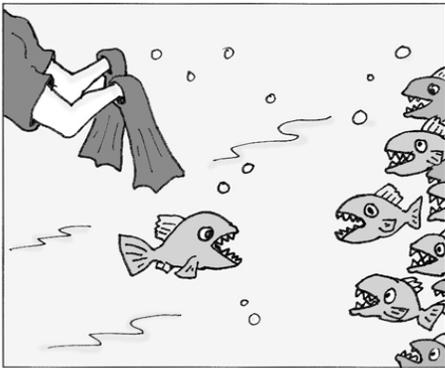
BLOODBORNE PATHOGENS QUIZ

Circle T for True or F for False.

1. Human blood and other bodily fluids can contain bloodborne pathogens (BBPs) that cause serious diseases. T F
2. The human immunodeficiency virus (HIV) and the hepatitis B and C viruses (HBV and HCV) are BBPs. T F
3. HIV can lead to chronic liver disease. T F
4. Only healthcare workers need to know how to protect themselves from BBPs. T F
5. "Universal precautions" means treating all blood and bodily fluids as though they are infected. T F
6. Personal Protective Equipment (PPE) usually begins with gloves and might include eye protection, surgical masks, and protective lab coats, surgical caps, or other clothing. T F

Answers:

1. T 2. T 3. F. The human immunodeficiency virus (HIV) causes AIDS, the illness that attacks the human immune system. HBV and HCV can lead to chronic liver disease. 4. F. Others, such as laundry workers, police and firefighters, and mortuary workers, may have less-frequent exposure, but all workers need to know how to protect themselves. 5. T 6. T



"Hold on - isn't anyone worried about bloodborne pathogens?"

QUOTATION OF THE MONTH

"None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy."

Fred DeWitt Van Amburgh

THANKSGIVING RIDDLES

- 1) What's blue and covered with feathers?
- 2) What would you call a pet squash?
- 3) Why didn't the turkey eat dessert?
- 4) Why did they let the turkey join the band?
- 5) What's the best thing to put into a pumpkin pie?

Answers on page 2 Safety Bits and Pieces

Safety Matters

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It's in the Blood

Protect yourself from Bloodborne Pathogens (BBPs)

Human blood and other bodily fluids can contain bloodborne pathogens (BBPs) that cause serious diseases, such as the human immunodeficiency virus (HIV), which causes AIDS, and the hepatitis B and C viruses that can lead to chronic liver disease. Some workers, especially in the healthcare field, may have occupational exposure on a daily basis. Others, such as laundry workers, police and firefighters, lab technicians, and mortuary workers, may have less-frequent exposure.

But all workers need to know how to protect themselves by following "universal precautions" and treating all blood and bodily fluids as though they are infected.

Follow these precautions to protect yourself from exposure to BBPs:

- **Wear the appropriate personal protective equipment (PPE)**, which includes gloves, eye protection, surgical masks, protective lab coats, surgical caps, or other clothing.
- **Don't suction or use a pipette to draw blood** or other potentially infectious materials by mouth.
- **Minimize spraying, splashing, spattering, and droplet generation** in all procedures involving blood or other potentially infectious materials.
- **Don't eat, drink, smoke, apply cosmetics or lip balm, or handle contact lenses in work areas with possible BBP exposure.**
- **Don't keep food or drinks where blood or other potentially infectious materials are present.**
- **Use a disinfectant solution** as soon as possible to clean and decontaminate any area where fluids have spilled.

Follow safety rules to protect yourself from sharps injuries.

- **Use needleless devices**, if possible, and never reuse or recap needles.
- **Always use puncture-resistant, leakproof containers** for disposal of needles and other sharps.

Finally, **WASH YOUR HANDS** frequently and thoroughly. Wash with soap and warm running water or use antiseptic alcohol-based hand cleaners, especially after contact with potentially infectious materials. Frequent hand washing is also essential to prevent the spread of other infections—so make it a habit that you follow every day.

SAFETY TIPS OF THE MONTH

Here are some home safety tips:

- Use deadbolts, window locks, peepholes, timers for lights and other items (such as radio, TV, etc.) and outside security lights.
- Never open doors to strangers—require ID of service/repair technicians.
- Have several planned escape routes out of your home.
- If you are single, use only initials at your door and in the phone book. When someone calls, never acknowledge that you are home alone.
- If you come home and something looks wrong or different—do not enter; go somewhere else and call the police.

Safety Bits & Pieces

REMOVING REPEAT ACCIDENTS

Here's what you can do to help break a cycle of repeat accidents in your workplace:

DO:

- ☑ Make no more repeat accidents a Number One safety objective.
- ☑ Talk about your priority every day.
- ☑ Be a safety advocate. Remind co-workers not to take shortcuts, use substitute tools, or otherwise increase their risks for accidents.
- ☑ Be a cheerleader, not a critic for safety responsibility in your work area.
- ☑ Always be on the lookout for potential safety problems.

DON'T:

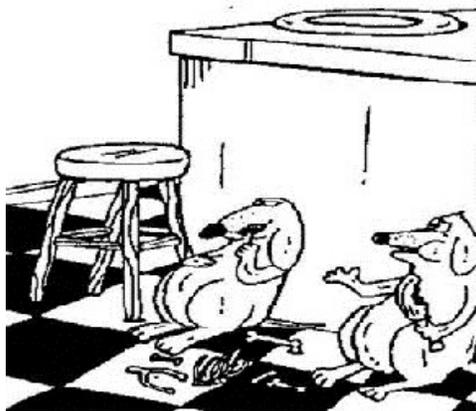
- ☑ Don't criticize co-workers without also offering suggestions and support.
- ☑ Don't lecture. Lectures only annoy. And they turn co-workers into passive receptors rather than actors in improving their own safety performance.
- ☑ Don't blame. Even if a co-worker makes a mistake, remember the goal is to fix the error, not to point fingers.
- ☑ Don't assume the worst of people. This assumption can backfire by becoming a selffulfilling prophecy for the singled-out person.
- ☑ Don't give pep talks with simplistic answers. Actions speak louder than words so back up encouraging words by making real changes and offers of assistance.

You play an important role in preventing repeat accidents—both your own and your co-workers'.

THANKSGIVING RIDDLES ANSWERS

- 1) A turkey holding its breath!
- 2) Call it anything you want - it won't hear you.
- 3) He was stuffed!
- 4) He had the drumsticks.
- 5) Your teeth!!

On the Lighter Side...



What it really comes down to is a question of values... is a delicious, succulent turkey, baked to perfection, worth a few whacks on the nose with a newspaper?

Emergency!

Know what to do

Fire is the most common workplace emergency.

- ◊ If you hear the alarm, follow the recommended route to the nearest exit.
- ◊ If you have assigned duties like checking for co-workers or turning off machinery, do them at once if you can do so safely.
- ◊ Do not stop to get possessions; go immediately to the assigned meeting place.
- ◊ Know more than one way to exit the building in case your first one is blocked.

If a natural or weather-related emergency occurs while you are at work, depending on the circumstances, you may be told to:

- ◊ Stay at work and help to prevent property damage.
- ◊ Leave for home promptly.
- ◊ Stay at work until existing dangerous conditions subside and it is safe to leave.
- ◊ Go to a secure area, such as designated shelters or areas of refuge.

In case of a medical emergency, call for trained medical assistance as quickly as possible. Know the designated first-aid and CPR responders in your workplace.

If there is any threat of violent behavior:

- ◊ Notify security personnel or call local police.
- ◊ Stay calm and do not argue with anyone threatening violence.
- ◊ Talk calmly; this may avoid any actual violence until help arrives.



From the State of Delaware's Office of Highway Safety... Holiday Travel

My favorite fall holiday is Thanksgiving. It might be yours, too. Don't you just love that you can spend the whole weekend with family and friends, watch football on TV, eat good food, and line up to shop in the middle of the night?

Whether you are traveling near or far, most of us will be on the road at some point during the long holiday weekend. Some of us will be crossing state lines to visit family and friends and since most states differ in their rules of the road, pack the following tips in your bag before you leave:

- **Protect yourself and your family** - Make certain that you and your passengers are properly restrained. That means one seat and one seatbelt for each person. If you have children under the age of 8, be sure to place them in the appropriate child safety seat and make sure it is properly secured as well.
- **Put the cell phone down** – Distractions are deadly. Can't live without your cell phone? Then grab a hands free device before you leave.
- **Pace yourself**- Remember to take it easy and slow down. Police everywhere are enforcing the rules of the road to make sure that everyone gets to their destination safely. Give yourself a break and travel off-peak times.
- **Plan ahead for parties** - The night before Thanksgiving is one of the biggest drinking days of the year. So plan ahead, designate a sober driver before the party begins.

You can find more information about these topics on our website www.ohs.delaware.gov. From all of us here at the Delaware Office of Highway Safety, have a Safe and Happy Thanksgiving.

Drive Safe. Arrive Alive DE.

Thanksgiving Food Safety Tips...Handling Leftovers

- Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours; 1 hour in temperatures above 90 °F.
- Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling.
- Use refrigerated turkey and stuffing within 3 to 4 days. Use gravy within 1 to 2 days.
- Turkey leftovers can be eaten hot or cold. Reheat turkey to an internal temperature of 165 °F. Use a food thermometer to check the internal temperature. To keep the turkey moist, add a little broth or water and cover.
- If freezing leftovers, use within 2 to 6 months for best quality.