

REFERENCE GUIDE

A Loss Control Service from Donegal Insurance Group



Workplace Exposures to Bloodborne Pathogens

History

Both the Occupational Safety and Health Administration (OSHA) and the Department of Health have recognized the need for policies, procedures and training on Bloodborne Pathogens to prevent the exposure to bodily fluids in the workplace. Hepatitis and Human Immunodeficiency Virus (HIV) are two bloodborne diseases that potentially affect all employers. Performing first aid/CPR in the workplace, helping a friend in need, preparing food for others are all situations that could expose your employees and customers to Hepatitis and/or HIV.

Hepatitis is more infectious than HIV; therefore, this Loss Control Reference Guide focuses on Hepatitis. There are at least five different types of Hepatitis; however, Hepatitis A, B and C are the most common. Virtually everyone is at risk. Hepatitis is spread from unsanitary food or water and from direct contact with infected blood. No matter what business you are in - construction, manufacturing, retail, food preparation, etc., your employees and/or customers are potentially exposed to Hepatitis.

Hepatitis A is the least severe and recovery generally takes two months. Hepatitis B and C can cause lasting and irreversible liver damage, and may even result in death from cirrhosis of the liver or liver cancer.

Protecting Yourself and Others (generally recognized methods)

- Always wash your hands thoroughly after using the restroom or after contact with human blood or feces.
- Require employees to always wash their hands after using the restroom AND before preparing food.
- Take caution when performing first aid/CPR on others...wear gloves, use protective masks, etc.
- Cover all open cuts and scratches.
- Get Hepatitis A and B immunizations for yourself and your employees.

References & Additional Information

There are many sites and sources of information pertaining to the methods of transmission and the symptoms of HIV and Hepatitis. For the most up to date information available, we recommend you visit or call one of these sources:

[American Red Cross Preventing the Spread of Bloodborne Pathogens Fact Sheet](#)

[Centers for Disease Control and Prevention](#)

[OSHA Bloodborne Pathogens and Needlestick Prevention](#)

[OSHA Bloodborne Pathogens Standard 29 CFR 1910.1030](#)

[OSHA Quick Reference Guide Bloodborne Pathogens Standard](#)

[OSHA Injury and Illness Recordkeeping Overview](#)

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