

INFECTION CONTROL TRAINING FOR VOLUNTEERS

Infection Control Training is designed to help you understand how you can help protect yourself from a blood borne pathogen exposure while observing at Sibley Memorial Hospital. Blood borne pathogens are passed from person to person by blood, body fluids, or other potentially infectious materials. Blood borne pathogens include viruses like hepatitis B, hepatitis C, and HIV, the virus that causes AIDS. Health care workers can become infected with these viruses if they are exposed to a patient's blood or body fluids in a way that can transmit disease such as a needle stick or splash. As an observer, you will not be allowed to perform tasks that will bring you in contact with blood or body fluids so you are at extremely low risk for having an exposure to a blood borne pathogen.

What is an exposure?

Although observers are not allowed to perform tasks that bring them into contact with blood or body fluids, accidental exposures can occur. If you are exposed to blood or body fluids in any of the following ways you may be at risk for getting a blood borne pathogen.

- Stick with a sharp object that has blood or body fluids on it (needles, scalpel, and broken glass).
- Getting blood or body fluids on non-intact skin (cuts, abrasions, hangnails, rash)
- Getting blood or body fluids into your eyes, nose, or mouth
- Getting blood over a large area of intact skin
- Getting stuck with an unidentified object

As an observer you should not be at risk for these kinds of exposures. However, if you do accidentally have one of the above exposures or get body fluids on your clothes, immediately ask for assistance from the nursing staff. Remove any contaminated clothing without contaminating the rest of your body. Such clothing must be laundered or disinfected before it can be taken home. Wash any exposed area of your body immediately with soap and running water. If your eyes, nose or mouth are splashed with blood or body fluids, flush them with large amounts of running water. **Report your exposure immediately to the nursing staff.**

Standard Precautions

Standard Precautions are used to prevent health care workers, hospital staff and volunteers from coming in contact with blood or body fluids. Because no one can tell who may have a blood borne pathogen, using Standard Precautions means you must consider all patients' blood, body fluids, mucous membranes and tissue to be infected. Following these precautions will help keep you safe while you observe.

- Do not eat, drink, apply cosmetics, lip balm or handle contact lenses in patient care areas
- Do not handle sharp instruments or glass containers that may be contaminated with blood, body fluids, or human tissue
- Do not handle contaminated materials containers
- Do not handle patient specimens or put food or drink in refrigerators, freezers, or cabinets used to store patient specimens
- Do not touch surfaces or objects that may be contaminated with blood or body fluids
- Do not observe or get close to a procedure in which spray of blood or body fluids may occur
- Do not clean up blood or body fluid spills
- Do not handle linen that is visibly soiled with blood or body fluid.

Name/Date: _____