

BLOODBORNE PATHOGENS EXPOSURE CONTROL PLAN FOR TRUMAN STATE UNIVERSITY ATHLETIC TRAINING

September 7, 2015

PURPOSE:

In accordance with the OSHA Bloodborne Pathogens standard, 29 CFR 1910.1030, the following Exposure Control Plan has been developed. The purpose of this exposure control plan is to eliminate or minimize employee occupational exposure to blood or other potentially infectious materials as detailed in the Bloodborne Pathogens standard.

EXPOSURE DETERMINATION:

OSHA requires employers to perform an exposure determination concerning which employees may incur occupational exposure to blood or other potentially infectious materials. The exposure determination is made without regard to the use of personal protective equipment (i.e. employees are considered to be exposed even if they wear personal protective equipment.) This exposure determination is required to list all job classification in which all employees may be expected to incur such occupational exposure, regardless of frequency.

At Truman State University all staff athletic trainers and athletic training students fall into this category.

The following is a list of situation that would potentially put an athletic trainer at risk of exposure to bloodborne pathogens. This list is not comprehensive. Exposure can occur in any situation in which blood or other bodily fluids are present.

- Applying first-aid (controlling bleeding, wound cleaning, bandaging) to any open wound
- Draining and bandaging blisters
- Taping and bandaging when any open wound is present
- Administering CPR
- Cleaning a surface (table, floor) that has been contaminated
- Handling and cleaning laundry that has been contaminated
- Handling and disposing of SHARPS

IMPLEMENTATION SCHEDULE AND METHODOLOGY:

OSHA requires that this plan includes a schedule and method of implementation for the various requirements of the standard. The following complies with this requirement.

COMPLIANCE METHODS

Universal precautions will be observed at this facility in order to prevent contact with blood or other potentially infectious materials. All blood or other potentially infectious material will be considered infectious regardless of the perceived status of the source individual.

First-Aid for bleeding wounds: Anytime a wound is bleeding, the athletic trainer practices procedures that would prevent exposure to potentially contaminated blood. When dealing with any bleeding wound, the athletic trainer must wear gloves. After applying gloves, the athletic trainer should cover the wound with an absorbent material such as gauze or a towel. If blood seeps through the absorbent material, more gauze or toweling should be added over the wound rather than removing soaked gauze. The athletic trainer should prevent the bleeding patient from moving until the bleeding is controlled. Any bandaging or wound cleaning that is performed by the athletic trainer must be done while wearing gloves. Any bandages that are soaked with blood must be deposited in a red biohazard bag. Other bandages may be placed in a garbage can.

Handwashing: Immediately following any exposure to bodily fluids, the athletic trainer should wash their hands, regardless of the personal protection equipment worn. Athletic trainers must remember to wash any areas that may have been exposed. Washing should consist of rinsing with copious amounts of water, scrubbing with soap for a minimum of 15 seconds, and rinsing with water. Athletic trainers must take precautions not to contaminate the sink or other facilities when washing. Sinks with soap and water can be found in the Health Sciences and Kennels athletic training rooms as well as the restrooms located in Pershing Building, Health Sciences Building, Kennels, and Stokes Stadium.

PERSONAL PROTECTIVE EQUIPMENT

All personal protective equipment used at this facility will be provided without cost to employees. Person protective equipment will be chosen based on the anticipated exposure to blood or other potentially infectious materials. The protective equipment will be considered appropriate only if it does not permit blood or other potentially infectious materials to pass through or reach the athletic trainer's clothing, skin, eyes, mouth, or other mucous membranes under normal conditions of use and for the time which the protective equipment will be used.

Disposable gloves are provided to all athletic trainers. Supplies of gloves are maintained in the Health Sciences and Kennels athletic training rooms. Gloves should also be in every medical kit. Gloves shall be worn where it is reasonably anticipated that athletic trainers will have hand contact with potentially infectious materials. Disposable gloves should not be washed or decontaminated for re-use and are to be replaced as soon as practical when they become contaminated or as soon as feasible when torn, punctured or when their ability to function as a barrier is compromised.

Gloves should be removed in a manner that will prevent cross-contamination. One glove should be completely removed by a gloved hand. The removed glove should remain in the gloved hand. The second glove should be removed by sliding the fingers of the ungloved hand under the edge of the glove at the wrist and pulling it inside out over the hand. Both gloves should be disposed of in the biohazard container can and hands should be thoroughly washed.

HOUSEKEEPING

All surfaces and materials that have been in contact with bodily fluids must be treated as if contaminated.

Sani-T-10 cleaning solution: A spray bottle of Sani-T-10 solution is maintained under the sink in the Health Sciences and Kennels athletic training rooms. The bottles should be clearly labeled. The athletic training staff is responsible for maintaining an ample supply of this solution. A container of the pre-mixed Sani-T-10 solution is also attached to the wall.

Surfaces: Any surface, such as the sink, treatment tables, or gymnasium floor that comes in contact with blood or other bodily fluids must be cleaned with the Sani-T-10 solution. The area of contamination should be sprayed completely with the bleach solution and left for 30 seconds. The area should then be wiped with paper or cotton toweling. If the paper toweling is blood-soaked it should be disposed of in a red biohazard bag. All cotton toweling should be placed in a clear plastic bag and put on top of the laundry.

SHARPS: A SHARPS box is located in the Health Sciences and Kennels athletic training rooms. These boxes are red and clearly marked with the biohazard symbol. These boxes are supplied for the disposal of any sharp object (i.e. needles, razorblades, scalpel blades). The top must never be removed from a SHARPS box and no item must ever be removed from the box.

Red Biohazard Containers: The Kennels and Health Sciences athletic training rooms both have red biohazard containers. These containers are for the disposal of any blood-soaked materials (i.e. gauze, bandages). No items should ever be removed from these containers. No sharp objects should ever be placed in the containers. The bags in these containers must be replaced whenever they become ripped or torn.

Needles: Any needles that are used in the athletic training room must be disposed of properly. Needles must never be re-capped. The needle should be removed from the syringe by placing the tip of the needle in the needle-removing device on the SHARPS box. The syringe is then twisted allowing the needle to drop into the SHARPS box. If the needle cannot be separated from the syringe, both should be placed in the sharps box. If the syringe contains any bodily fluid it should be placed in a red biohazard bag, otherwise the syringe can be placed in a garbage can.

Laundry: All laundry from the athletic training room must be washed in hot (at least 105° F), soapy water. Any laundry that has been contaminated with blood or other bodily fluids must be handled with gloves. The contaminated laundry should be placed in a clear plastic bag and placed on the floor next to the dirty laundry. At the end of the day, the bags containing contaminated laundry should be placed on top of the dirty laundry and delivered to the laundry room. A red "dirty with blood" label must be placed on top of the laundry basket. While wearing gloves, laundry personnel will remove the contaminated laundry from the plastic bag and place it in the washing machine. Regular athletic training room laundry may also be added to the machine. The laundry will then be washed in hot, soapy water.

Athletic Training Room Tables: At the end of the day, when the athletic training room is closing, all tables must be cleaned with the Sani-T-10 solution. Every table must be sprayed with the Sani-T-10 solution and thoroughly wiped with a towel.

HEPATITIS B VACCINE

All athletic trainers have the possibility of being exposed to Hepatitis B. The University will offer each athletic trainer the opportunity to receive Hepatitis B vaccination at no cost to the athletic trainer.

Athletic trainers will be informed of the risk of exposure to Hepatitis B during the online OSHA training that occurs prior to each beginning their clinical rotations each fall. At this time, they will be informed of the opportunity to receive the vaccination. Athletic trainers must indicate to the program director that they are interested in receiving the vaccination. The program director will then submit their names to the Truman State University Student Health Center. It is the student's responsibility to make the appropriate appointments to receive the 3 shots at the Student Health Center. Athletic Training students must record the dates of their vaccination shots on the recording form in their official file in the office of the program director.

Athletic trainers who decline the Hepatitis B vaccine must sign a waiver to be placed in their official file in office of the program director. Athletic trainers who initially decline the vaccine but who later wish to have it may then have the vaccine provided at no cost.

EVALUATION OF CIRCUMSTANCES SURROUNDING EXPOSURE INCIDENT

Any athletic trainer or athletic training student who incurs an exposure incident should report the incident to the head athletic trainer, Michelle Boyd. All athletic trainers who incur an exposure incident will be offered post-exposure evaluation at the Truman State University Student Health Center and follow-up according to the OSHA standard.

The follow-up will include the following:

- Documentation of the route of exposure and the circumstances related to the incident.
- If possible, the identification of the source individual and, if possible, the status of the source individual. The blood of the source individual will be tested (after consent is obtained) for HIV/ HBV infectivity.
- Results of testing of the source individual will be made available to the exposed athletic trainer with the exposed athletic trainer informed about the applicable laws and regulations concerning disclosure of the identity and infectivity of the source individual.
- The athletic trainer will be offered the option of having their blood collected for testing of their HIV/ HBV serological status.
- The athletic trainer will be offered prophylactic HBV vaccination, if the vaccination has not already occurred.
- The athletic trainer will be given appropriate counseling concerning precautions to take during the period after the exposure. The athletic trainer will also be given information on what potential illnesses to be alert for and to report any related experiences to appropriate personnel.
- Health care professionals who conduct an evaluation of an athletic trainer following an exposure shall be provided with the following information:
 - A copy of the OSHA regulation
 - A description of the exposed athletic trainer's duties as they relate to the exposure incident
 - Documentation of the route of exposure
 - Results of the source individual's blood testing, if available
 - All medical records relevant to the appropriate treatment of the athletic trainer including vaccination status
 - Maintenance of this information and delivery to the appropriate health care professional is the responsibility of the head athletic trainer, Michelle Boyd.

Health care professionals evaluating the exposed athletic trainer should provide the following information:

- Whether Hepatitis B vaccine is indicated
- That the athletic trainer has been informed of the results of the evaluation
- The athletic trainer has been told about any medical conditions resulting from exposure to blood or other potentially infectious materials.

TRAINING:

Training for all athletic trainers will be conducted each fall prior to the first clinical rotation. The first training will be conducted in AT 120, Introduction to Athletic Training. Testing for acquired knowledge and follow-up trainings are conducted online via Blackboard.

Training for all athletic trainers will include the following:

- The OSHA standard for Bloodborne Pathogens
- Epidemiology and symptoms of blood borne diseases
- Modes of transmission of bloodborne pathogens
- This Exposure Control Plan
- Procedures which might cause exposure to bodily fluids
- Control methods which will be used to control exposure to blood or other potentially infectious materials.
- Personal protective equipment available at this facility and who should be contacted
- Post exposure evaluation procedures
- Hepatitis B vaccine policy

RECORDKEEPING:

All records required by the OSHA standard will be maintained by Michelle Boyd, the head athletic trainer. Records regarding specific athletics trainers will be maintained in a permanent file and their own personal file. The Exposure control plan is posted online on the athletic training websites for both, the athletics and academic program sites.