

PURPOSE/APPLICATION

To increase awareness regarding blood-borne pathogens for Canadian Plains Energy Services' workforce, and to provide an understanding of the hazards, precautions, and actions required to reduce, mitigate, and deal with potential exposures.

PPE

- Latex gloves
- Personal Barrier Device (For Artificial Respiration)
- Particulate mask
- Safety glasses or goggles
- Face shield

TRAINING

- CPES New Worker Orientation
- Personal Protective Equipment (PPE)
- First Aid
- Review of this SWP

HAZARDS & CONCERNS

- Exposure to bodily fluids
- Bio-hazardous waste
- SHARPS (instruments, needles, etc. which could cut or puncture the skin of anyone handling them) contaminated with Blood Borne Pathogens



GENERAL PRECAUTIONS

THE DOs and DONTs

- DO** Avoid direct contact with bodily fluids
- DO** Wear appropriate PPE when exposure is unavoidable (in the event first aid is required)
- DO** Dispose of any contaminated materials in an appropriate manner (i.e., sealed to prevent exposure to others)
- DO** Wash your hands frequently before and after any potential exposure to bodily fluids
- DO** Assume all bodily fluids contain blood-borne pathogens, protect yourself and others as though any exposure could be contagious
- DO** Obtain consent before performing first aid or assisting anyone
- DO** Use safety glasses or face shields when there is a risk of bodily fluids entering your eyes
- DO** Change your gloves frequently when dealing with blood or bodily fluids
- DON'T** Reuse gloves, always dispose of them properly inside double plastic bags
- DON'T** Recap a sharp or needle that you find, use all PPE and an approved disposal method, or contact emergency management workers

Exposure

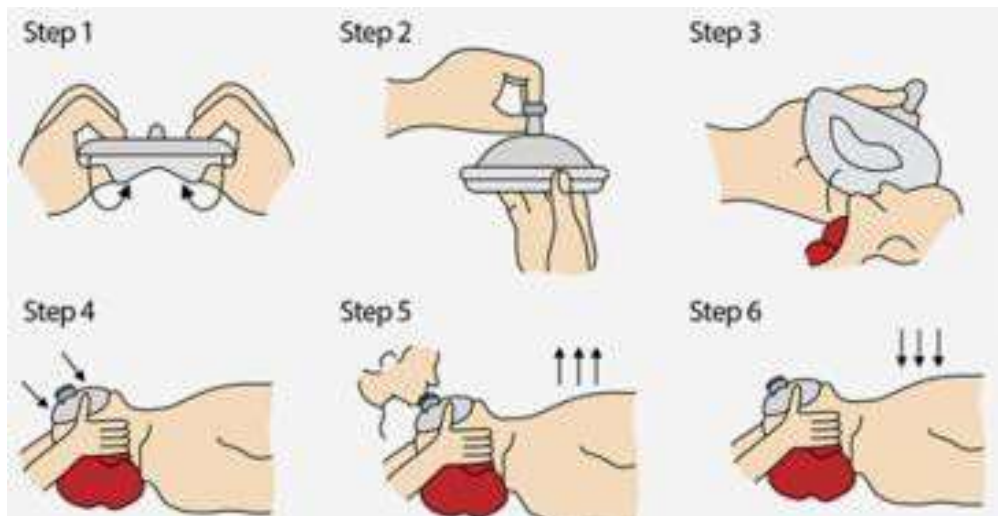
The following are potential sources where blood borne pathogen exposure could occur:

- Punctures (through the skin) injury caused by a sharp object that has come in contact with blood or other body fluids of concern,
- Human bite,

- Mucous membrane (eyes, nose, or mouth) contact with blood or other body fluids of concern,
- Exposure to non-intact skin (healing wound <3 days old or a lesion causing disruption of the skin surface) or contact with blood or other body fluids of concern.

First Aid

First Aid is among the most common sources for exposure to blood-borne pathogens. PPE and proper procedures are critical for protecting both the patient and the first aider from infection. First aiders are trained on these techniques and procedures as part of their certification. **A Personal Barrier Device** should always be used for mouth-to-mouth ventilation:



Use of Gloves (e.g., nitrile or alternative for those with allergies)

Gloves must be worn any time first aid is administered to protect both the patient and the first aider. To protect the user from exposure to any pathogens following the administration of first aid, gloves must be removed without the user touching the outside of the gloves:



Hand Washing

Hand washing is a critical step anytime first aid is required. Responders should wash their hands before and after performing first aid. This becomes especially important when there has been any potential exposure to blood or other bodily fluids. Use an antibiotic soap and follow the hand washing steps outlined below:



Cleaning Blood and Bodily Fluid Spills

Use an approved disinfectant cleaner for any bodily fluid cleanup. Bleach makes an effective disinfecting solution when mixed with water at a maximum concentration of one part bleach and nine parts water.

Clean-up Procedure Using Bleach Solution:

1. Put on disposable gloves to prevent contamination of hands
2. Wipe up the blood or fluid using paper towels or other absorbent material. Put the trash in a plastic garbage bag
3. Gently pour the bleach solution onto the contaminated surface(s)
4. Leave the bleach solution on the contaminated surface(s) for 20 minutes
5. Wipe up the bleach solution using paper towels or other absorbent material. Put the trash in a plastic garbage bag

6. Disinfect cleaning materials that cannot be thrown away, such as mops and scrub brushes, by covering them with the bleach solution and letting them air dry
7. Remove the gloves and place them in a plastic garbage bag
8. Double-bag and securely tie up all plastic garbage bags. Throw them away

Action to be taken if exposed (or suspected) to blood or bodily fluids:

1. Follow standard first aid practice, make required notifications, and request First Aid
 - The first aider may have to care for a patient with a blood-borne pathogen exposure incident or self-administer first aid if they are the one exposed.
 - If the mucous membranes of the eyes, nose, or mouth are affected, flush with lots of clean water at a sink or eye wash station.
 - If there is a puncture wound(s) or bite injury, allow the wound to bleed freely. Then wash the area thoroughly with non-abrasive soap and water.
 - If an area of non-intact skin is affected, wash the area thoroughly with non-abrasive soap and water.
 - Dress wound(s) as necessary.
2. Seek medical attention. Refer the patient to, or seek medical attention immediately (preferably within 2 hours), at the closest hospital emergency room, or at a health care facility (if there's no hospital emergency room in the vicinity). Immunizations or medications may be necessary as this may prevent infection or favorably alter the course of the disease if the individual does become infected. Blood tests may also be done at that time. Follow-up with the individual's family doctor may also be required.

REGULATIONS/ REFERENCES

Alberta OHS Code

Part 35 Health Care and Industries with Biological Hazards

British Columbia OHS Regulations

Part 5: Chemical Agents and Biological Agents

Saskatchewan OHS Regulation

Part 21: Chemical and Biological Substances

Manitoba OHS Regulation

Part 5: First Aid

Health Canada

Centers for Disease Control and Prevention

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