

Blood-Borne Pathogens

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SALEM STATE UNIVERSITY– ATHLETIC TRAINING ROOM

Blood-Borne Pathogens “Standard Precautions”

Standard Precautions:

Bloodborne Pathogens- Hepatitis B/ HIV/ AIDS

Infection control requires employees (ATC) and athletic training students' to assume

ALL human body fluids are infectious.

Large amounts of HIV infected secretion coming in contact with an open wound or mucous membranes could possibly transmit HIV.

Applies to: Blood, Body fluids, secretions and excretions EXCEPT sweat whether or not they contain visible blood.

Care of Athlete:

1. All personnel should be properly trained in First Aid and standard precautions

2. Supplies/Equipment needed for caregivers to treat injured/bleeding athletes:
 - a. gloves e. bandages and dressings
 - b. masks f. sharps container (needles, syringes)
 - c. antimicrobial wipes g. biohazard bags (waste receptacle)
 - d. antiseptics (bleach, alcohol)

3. Pre-event preparation
Wounds that may bleed or dermatitis skin conditions that may spread should be covered appropriately and secure enough to remain in place throughout a competition or practice.

4. Active bleeding of participant:
 - a. bleeding must be stopped and covered. If requested by an official, an athlete maybe removed from event. If so, the athlete can only return to competition with the referee's approval.
 - b. If a uniform is saturated with blood, it must be changed before return to participation

5. Managing an acute blood exposure must follow proper guidelines
 - a. gloves wore to prevent direct contact
 - b. gloves should be changed after each individual participant
 - c. hands should be washed with soap and water after removal of gloves

6. If fluids are transferred from one athlete to another, the event should be stopped and the skin cleaned with antimicrobial wipes and the athlete(s) should be instructed to wash the exposed area with soap and water as soon as possible.

7. Any used needles, syringes or scalpels should be disposed of in a labeled sharps container

8. Any bandages or other waste should be disposed of in labeled red biohazard container

9. Soiled uniforms should be placed in a separate bag and washed separately in hot water

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Care of Environmental surfaces:

1. Individuals responsible for cleaning and disinfection of blood spills should be properly trained. Spill Clean Up Protocol should be handled by Athletic Training Staff or Athletic Training student ONLY for “athletic surfaces/ areas ONLY”

2. Supplies should include:

- a. gloves, mask, goggles (PPE- personal protective equipment)
- b. absorbent paper towels or disposable cloths
- c. Red biohazard bag (waste receptacle)
- d. disinfection solution- (70 % alcohol or 1:100 bleach/water ratio; good for only 24 hours)

3. Procedure:

- a. put on gloves
 - b. remove visible organic material by covering with paper towel
 - c. spray surface with proper chemical germicide (alcohol or bleach solution)
 - d. spray a second time with new disposable towels
 - e. place all soiled items in biohazard container
 - f. remove gloves, dispose and wash hands with germicide or soap and water
- ** IF blood has dried on hard surface (floor) and is difficult to remove, hydrogen peroxide can help to loosen material. Do Not use on clothing!

Incident Exposure:

If at any time, an individual is directly exposed to someone else's blood, either through direct contact (body part to body part) or through an instrument (syringe- needle stick), the individual(s) needs to inform the Head Athletic Trainer immediately so that an exposure incident report can be filed. Athletic training students and athletes will be instructed to follow up with Health Services and their own primary care physician. If it is an employee (ATC or coach) they will be instructed to follow up with Human Resources (incident/injury report) and their own primary care physician. All information will be kept confidential at all times