

*Lesson Plan*  
*General Industry Outreach Training Program (10-hour)*

**Topic: Bloodborne Pathogens**

**Overview of the OSHA Standard**

This standard limits occupational exposure to blood and other potentially infectious materials since any exposure could result in transmission of bloodborne pathogens, which could lead to disease or death. Acquired Immunodeficiency Syndrome (AIDS), Hepatitis B and Hepatitis C are serious concerns for workers exposed to blood and other potentially infectious materials. Bloodborne pathogen exposure may occur in many ways, but needlestick injuries are the most common cause. Exposure may also occur through contact of contaminants with the nose, mouth, eyes, or skin.

The standard covers all employees who could be “reasonably anticipated” to face contact with blood and other potentially infectious materials as a result of performing their job duties. To reduce or eliminate the hazards of occupational exposure, an employer must implement an exposure control plan for the worksite with details on protection measures. Engineering controls are the primary means of eliminating or minimizing employee exposure and include the use of safer medical devices. Work practice controls such as hand washing are stressed by the standard. Appropriate personal protective equipment must be used when necessary. The standard requires that the Hepatitis B vaccination be made available to all employees who have occupational exposure to blood. The standard specifies procedures to be made available to all employees who have had an exposure incident.

**Step 1: Planning the Lesson**

• **Instructional Materials.**

1. PowerPoint presentation
2. Instructor notes.
3. Other materials.

• **Instructional Objectives.**

1. Complete the required topics for the OSHA 10-hour course.
2. Complete the following optional topics:
  - a.
  - b.
  - c.
3. Present *Bloodborne Pathogens* to [number] participants.
4. Incorporate active participation in each lesson.
5. Provide a quiz or short evaluation at the end of the course.
6. Ensure feedback from participants at various points in the training.

• **Guest Speakers/Presenters and Topics/Responsibilities.**

## Step 2: Presenting the Lesson

- **Lesson Introduction.**

Introductory remarks or transition from previous lesson.

- **Learning Objectives/Outcomes.**

Upon completion of the lesson, participants will be able to:

1. Give at least 3 examples of workers who are at risk of exposure to bloodborne pathogens.

*Possible responses.*

- Physician, nurse, police, firefighter

2. List the three ways exposure to bloodborne pathogens commonly occurs.

*Possible responses.*

- Needlesticks.
- Cuts from other contaminated sharps such as scalpels or broken glass.
- Contact of the eye, nose, mouth or cut/abraded skin with contaminated blood.

3. Describe at least 5 key aspects of a Bloodborne Pathogen Exposure Control Plan.

*Possible responses.*

- Must be a written plan.
- Identifies jobs and tasks where occupational exposure to blood or other potentially infectious material occurs.
- Describes how the employer will use engineering and work controls.
- Describes how the employee will ensure use of personal protective equipment (PPE).
- The plan must be accessible to employees.
- Must be reviewed at least annually to reflect changes in technology that will help eliminate or reduce employee exposure.

4. Explain how properly used PPE and appropriate housekeeping methods protect against exposure to bloodborne pathogens.

*Possible responses.*

- Gowns, gloves, face shields, eye protection, mouthpieces and resuscitation devices provide a barrier between potential contaminants and susceptible parts of the body.
- Cleaning and decontamination of work surfaces reduce the chances of exposure to a bloodborne pathogen.

- **Learning Objectives/Outcomes (Continued)**

5. List three important steps to take if exposed to a bloodborne pathogen.

*Possible responses.*

- Wash exposed area with soap and water.
- Flush splashes to nose, mouth or skin with water.
- Irrigate eyes with water or saline.
- Report the exposure.
- Seek the assistance of a health care professional to determine what followup actions or treatment may be needed.

- **Planned Activities, Discussion, or Participant Interaction.**

*Step 3: Evaluating Student Learning and Instruction*

- **Lesson Evaluation and Comments.**

## References

### **OSHA Standard**

- 29 CFR 1910 Subpart Z (1910.1030)
  - [http://www.osha-slc.gov/OshStd\\_data/1910\\_1030.html](http://www.osha-slc.gov/OshStd_data/1910_1030.html)
- 29 CFR 1910 Subpart Z (1910.1030 App A) Hepatitis B Vaccine Declination
  - [http://www.osha-slc.gov/OshStd\\_data/1910\\_1030\\_APP\\_A.html](http://www.osha-slc.gov/OshStd_data/1910_1030_APP_A.html)

### **OSHA Publications**

- <http://www.osha-slc.gov/OshDoc/Additional.html>
- 3128 Bloodborne Pathogens and Acute Care Facilities
- 3129 Controlling Occupational Exposure to Bloodborne Pathogens in Dentistry
- 3130 Occupational Exposure to Bloodborne Pathogens – Precautions for Emergency Responders
- 3131 Bloodborne Pathogens and Long-Term Care Workers

### **OSHA References/Resources**

- CPL 02-02-069, Enforcement Procedures for the Occupational Exposure to Bloodborne Pathogens, Appendix C – Web Site Resource List
  - [http://www.osha-slc.gov/OshDoc/Directive\\_pdf/CPL\\_2-2\\_69.pdf](http://www.osha-slc.gov/OshDoc/Directive_pdf/CPL_2-2_69.pdf)
- OSHA Technical Links – Bloodborne Pathogens
  - <http://www.osha-slc.gov/SLTC/bloodbornepathogens/index.html>
- OSHA Technical Links – Needlestick Prevention
  - <http://www.osha-slc.gov/SLTC/needlestick/index.html>
- Protecting Nursing Home Workers: OSHA’s Safety and Health Program Approach
  - <http://www.osha-slc.gov/SLTC/nursinghome/training/nursing/index.html>
- Video: *As It Should be Done: Workplace Precautions Against Bloodborne Pathogens*
  - <http://www.osha-slc.gov/SLTC/video/asitshouldbedone/video.html>