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BLOODBORNE PATHOGENS

HEALTH & SAFETY



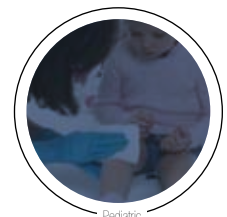
CPR



AED



First Aid



Pediatric
First Aid

S T U D E N T W O R K B O O K



HEARTSAVER®
BLOODBORNE PATHOGENS
STUDENT WORKBOOK

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Preface

Welcome to the American Heart Association Heartsaver Bloodborne Pathogens Course. This course is designed to provide essential yet simple information to help protect YOU in your work setting. The course is also designed to encourage you to actively participate as a way of practicing what you are learning. Should you be exposed to blood or blood-containing materials while on the job, the information and actions you learn in this course will help you protect yourself from bloodborne pathogens and disease. Being prepared to protect yourself and to act in a safe manner is essential.

Many people were instrumental in developing this important course, including the members of the First Aid Subcommittee, writers, course developers, educators, and American Heart Association staff. Their efforts underscore the American Heart Association's commitment to providing exceptional first aid education to people around the world. More importantly, we thank you for taking the time to learn to protect yourself from bloodborne pathogens.

Louis Gonzales, LP
First Aid Subcommittee Chair

PREFACE

Overview

About This Course

The American Heart Association Heartsaver Bloodborne Pathogens course teaches employees how to protect themselves and others from being exposed to blood or blood-containing materials.

This course is available both as a classroom-based course and as an online course. For more information on the online course, visit www.onlineaha.org.

Course Objective

At the end of this course you will know how to reduce the chance of exposure to bloodborne pathogens in the workplace. You will also know what to do if you are exposed to bloodborne pathogens. It is important for you to know what bloodborne pathogens are and how to protect yourself and others from becoming infected through exposure.

Two Parts to This Training

This training course has 2 parts.

- The first, or general, part of your training consists of the material presented in this student workbook.
- The second part is training you must receive on your employer's site-specific exposure control plan.

The exposure control plan is a set of rules and procedures specific to your workplace. The plan is designed to protect you and your coworkers from being exposed to bloodborne pathogens and to care for workers who have been exposed to bloodborne pathogens. Your employer will provide this additional training.

This course is designed to meet Occupational Safety and Health Administration (OSHA) requirements when used with site-specific training.

Site-Specific Information



This workbook refers to the exposure control plan several times. When you see the icon to the left, that means you can find more information in your company's exposure control plan.

Using This Student Workbook

You should use this workbook in the following ways:

When	Then you should:
Before the course	<ul style="list-style-type: none">• Read this student workbook and look at the pictures on each page.• Think about situations in your workplace when this information could be useful.• Learn where to find the exposure control plan for your workplace.
During the course	<ul style="list-style-type: none">• Use this student workbook to understand the important information taught in the course.• Take notes about the policies and procedures at your workplace. For example, if you work in a facility that has established policies and procedures for emergencies, review those documents and take notes about how this information will apply to you.
After the course	<ul style="list-style-type: none">• Review the information in this student workbook frequently. This will help you remember the steps to protect yourself and others. You'll always be ready if there is an emergency.

Introduction

What You Will Learn This section is an introduction to the course. You need to know what bloodborne pathogens are, how they enter the body, and how they spread. It is important to know this to help prevent transmission and minimize risks to you and others if you are exposed to a bloodborne pathogen.

Why Are You Here? In your job you may come across blood or blood-containing materials. Saliva, vomit, or sneeze droplets can contain blood. Blood may also be found on nonliving objects. The Heartsaver Bloodborne Pathogens Course will teach you how to stay safe when you come in contact with another person's blood or blood-containing materials.



Your workplace has an exposure control plan with more information on site-specific requirements. Ask your employer where you can find the exposure control plan for your workplace. An exposure control plan should include the following:

- A list of all job classifications that have a reasonable chance for exposure to blood
 - A list of all tasks and procedures in which occupational exposure may occur and that are performed by employees in specific job classifications
 - Methods of compliance (rules to protect employees)
 - Rules for human immunodeficiency virus (HIV) and hepatitis B research laboratories and production facilities
 - Hepatitis B vaccination and postexposure evaluation and follow-up
 - Communication of hazards to employees
 - Recordkeeping
 - Procedure for reviewing what happened during exposure incidents
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