



Bloodborne Pathogens

Cheat Sheet

The ABCs of Blood Borne Pathogens

"Knowledge is the first line of defense against the invisible menace of blood borne pathogens." — Dr. Eleanor Fielding

According to **OSHA**, bloodborne pathogens (BBPs) are microorganisms present in human blood that can cause disease in humans.

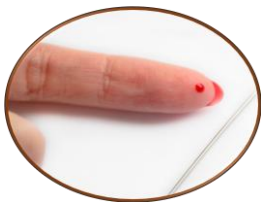
Most BBP carriers can live a normal life without showing any symptoms for years. So, it's imperative to be cautious and treat every blood sample as potentially infectious—a principle called **Universal Precautions**.

Transmission of BBPs

Understanding how BBPs move from one host to another is essential, not to sow fear, but to create awareness.

Close Contact is the Direct Highway

- ✓ Injury with contaminated objects
- ✓ Blood transfusions or donations
- ✓ Organ transplants



The Silent Spreaders are the Indirect Byways

- ✓ Shared personal items
- ✓ Mother to Child Vertical transmission
- ✓ Unprotected intimate contacts or sexual contact



Common Bloodborne Diseases

The 3 big players that infect your body through blood are:



1. AIDS (Acquired Immunodeficiency Syndrome)

- Caused by HIV (Human Immunodeficiency Virus).
- As per CDC, HIV emerged in the U.S. during the mid to late 1970s. It developed rapidly into AIDS, that remains incurable.

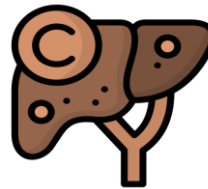
- While HIV isn't curable, with early diagnosis & current treatments, individuals can lead a long life.

2. Hepatitis B



- Caused by HBV (Hepatitis B Virus)
- It targets the liver, sometimes causing long-term conditions (cirrhosis or liver cancer), or even death.

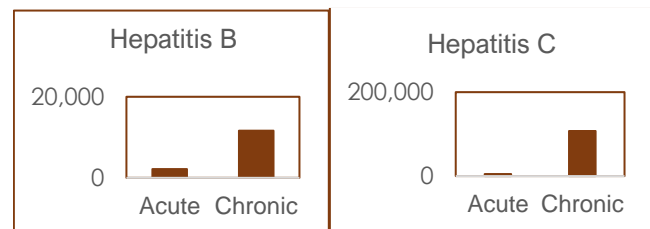
- It can be acute (short duration) or chronic (> 6 months).
- Hepatitis B vaccine exists to prevent the disease, but once you have it, there's no known cure.
- CDC in 2020 reported 2,157 new acute cases and 11,635 chronic hepatitis B patients.



3. Hepatitis C

- Caused by HCV (Hepatitis C Virus)
- For many, it fades in a short time, but over half of those infected might develop cirrhosis and liver cancer.

- There is no vaccine for hepatitis C. However, treatments can cure most people in 8-12 weeks if tested early.
- CDC in 2020 reported 4,798 new cases of acute and 107,300 cases of chronic hepatitis C.



Recognize High Risk Jobs

Given below are the jobs that risk exposure to BBPs:



Healthcare Professionals (HCPs)
Doctors, surgeons, and nurses
Lab technicians

Forefront Safeguards
Paramedics and EMTs
Firefighters
Police officers



Sanitation Workers
Janitors and cleaners
Waste disposal personnel
Tattoo and Piercing Artists



Correctional Facility Staff
Prison guards and medical staff



Personal Care Assistants
Home health aides
Elderly caregivers
Child care

Salons and Beauty Therapist
Manicurists and pedicurists
estheticians



PPE Essentials

Face Shields

Face Masks

Gloves



Goggles

Respirators

Gowns and Aprons

Personal protective equipment (PPE) isn't just about wearing protective gear; it's about defending against potential hazards.

It acts as a barrier to promote a safer work environment and confidence in professionals.

Immediate Actions After Exposure

- ➡ Wash the affected area for at least a minute.
- ➡ Notify your supervisor for guidance.
- ➡ Seek medical attention ASAP.
- ➡ Without compromising privacy laws, determine the source of the blood.
- ➡ Get tested to ensure you have not contracted the virus.

OSHA Standards on BBPs

OSHA is a division of the **U.S. Department of Labor**. In 1991, OSHA introduced the Bloodborne Pathogens Standards:

1. Employers need to have an exposure control plan in place.
2. They must treat all human blood/body fluids as if they were infected with a BBP.
3. OSHA mandates the use of PPE in potential exposure scenarios.
4. Free hepatitis B vaccinations must be offered to all workers with potential exposure.
5. Work areas need to be kept neat and sanitary.
6. Employers must provide training on BBPs when an employee starts a job.
7. If a worker gets exposed, there should be proper documentation, medical evaluation and follow-up.
8. Records related to exposures must be kept confidential.
9. Biohazard symbols must be placed on containers of regulated waste, refrigerators and freezers containing blood or other infectious material.
10. There should be proper disposal of regulated waste that refers to any liquid, semi-liquid blood or OPIMs (other potentially infected materials).

Occupational



Safety

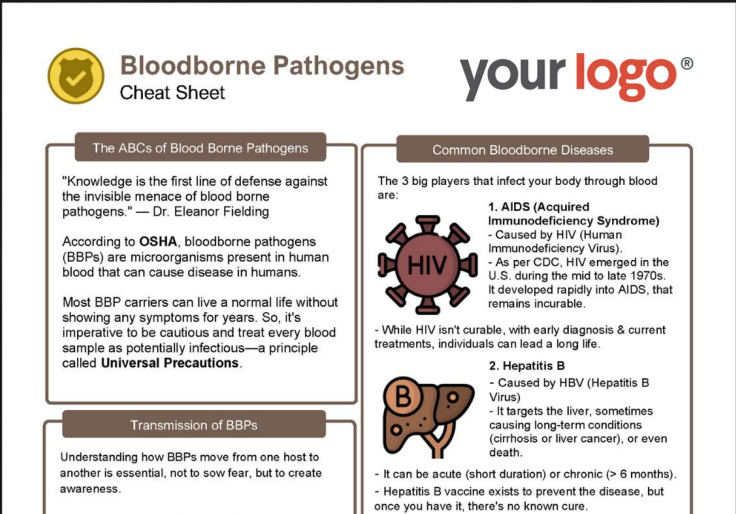
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Leadership

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- Management
- Project Management

Technology

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- Digital Literacy
- Software Applications

Career Development

- Career
- Higher Education
- Job Hunting

Microsoft

- Access
- Copilot
- Excel
- OneDrive
- Outlook
- PowerPoint
- Teams
- Windows
- Word

Wellness

- Mental Health
- Personal Growth
- Well-Being
- Work/Life Balance

Compliance & Safety

- Active Shooter
- Discrimination
- Harassment
- Safety
- Security

Diversity & Citizenship

- Bias
- Diversity
- U.S. Citizenship

Fewer Tools. Lower Costs. Smarter Training.

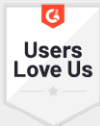
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