



AmTrust North America  
An AmTrust Financial Company

# Safety Zone

## Bloodborne Pathogens - Grocery

In Grocery operations, public contact occurs every workday. Therefore, you are responsible for good personal hygiene. This means you must wash your hands throughout the day. In addition, anyone who works with the public can come into contact with bodily fluids. Some microorganisms in the blood can affect your health. Those infected with Hepatitis B Virus (HBV) or Human Immunodeficiency Virus (HIV) may not display symptoms. In fact, they may not realize they are infected. For this reason, you should consider as infectious all human blood and body fluids. You should also take precautions to avoid contact with blood and body fluids. Bloodborne Pathogens (BBP) refers to these potentially infectious body fluids.

You may be exposed to bloodborne pathogens when an infected person's blood or other infectious body fluids contact:

- mucous membranes (your eyes, nose, mouth),
- non-intact skin (due to cuts, abrasions, burns, rashes, paper cuts), or
- contaminated materials or surfaces that you handle or touch

If a contaminated sharp object punctures your skin, bloodborne pathogens can be transmitted. For example: An infected person cuts him or herself with a box cutter and then throws the blade into just any trash. An uninfected person picks up the blade or sustains a cut while throwing away the trash. The infected blade could cause an infection in the other person.

At room temperature, HIV usually dies within seconds and will not survive more than a few minutes. But Hepatitis B virus can survive for at least one week in dried blood on surfaces. Currently, no preventive vaccine exists for HIV or Hepatitis C. **You should use a bleach solution (10 parts water to one part bleach) to disinfect body fluid spill areas, reusable equipment such as a knife, or spill response equipment.**

If you provide first aid to an injured person, or a potential exists for contacting body fluids in the workplace, use the Universal Precautions listed below to prevent infection.

1. Wear impermeable (waterproof) gloves if any chance for exposure to blood or body fluids exists.
2. Always use impermeable gloves and a face shield when cleaning body fluids during spill clean up.
3. Protect your entire face with a face shield and use safety goggles to provide better eye protection.
4. If you were trained to perform cardiopulmonary resuscitation (CPR) use resuscitation devices such as a mouth-to-mouth shield.
5. Remove your protective equipment without touching the outside of the exposed equipment with your bare skin.
6. Do not dispose of box cutter blades except in approved, secured non-tamper proof containers.
7. Check that equipment is sharp before use. Dispose of any box cutter blade that looks like it has blood on it.
8. Make sure that plastic trash bags in the public restrooms have no needles or sharp objects sticking out before picking them up.

9. If you find needles in the store premises, report it to your supervisor.
10. Alert your supervisor immediately to any BBP exposures or potential exposures.
11. If you encounter an exposure to a BBP, or any spill that might include a BBP, immediately wash your hands and affected areas with soap and warm water. Flush your eyes, nose, and mouth with plenty of water.

## Are You In The Zone?

1. After an exposure to a BBP, should you wash your hands and flush what other areas with plenty of water?
2. Describe when the transmission of Bloodborne pathogens (BBP) can happen.
3. How does BBP transmission occur under the skin?
4. What could happen if an infected person throws an infected box cutter blade in the trash?
5. What common product can you use to sanitize body fluid spill areas?
6. "Universal Precautions" refers to wearing what items?

I have received information on bloodborne pathogens.

Employee Name: \_\_\_\_\_ Date: \_\_\_\_\_

For additional information and resources on this topic and other safety and risk management subjects be sure to visit the Loss Control section on our website:

<https://www.amtrustgroup.com/small-business-insurance/claims/prevention>

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