

Preventing Disease Transmission

What is OSHA?

- ~OSHA (Occupational Safety and Health Administration) issued the Occupational Exposure to Bloodborne Pathogens regulation to protect employees by reducing or removing the hazards of bloodborne pathogens from the workplace.
- ~OSHA regulations apply to employers whose employees have the potential for exposure to bloodborne pathogens.
- ~By using safeguards and training staff, OSHA believes that disease transmissions can be minimized and lives saved.

How Infections Occur and Spread

- ~When in contact with a person it's as easy for you to infect a person, as it is for that person to infect you.
- ~Pathogen - a disease producing germ that enters the body
- ~Our bodies immune system can kill most germs. If infected, antibiotics and medications can be used to cure the infection.
- ~Most infections diseases are caused by six types of pathogens, most common are viruses and bacteria.
- ~For diseases to be transmitted: a pathogen must be present, enough of the pathogen is present to cause disease, a person is susceptible to the pathogen, and the pathogen gets into the body.
- ~Pathogens enter the body in one of four ways: direct contact, indirect contact, airborne, vector-borne.

Serious Communicable Diseases

- ~Herpes – these viruses cause infections to the skin and mucous membranes.
- ~Meningitis – a severe infection of the coverings of the brain and spinal cord.
- ~Tuberculosis – a disease that predominantly affects the respiratory system.
- ~Hepatitis – a viral infection of the liver. Different forms of hepatitis are transmitted in different ways.
- ~HIV – a virus that causes AIDS, a disease that attacks white blood cells and destroys the body's ability to fight infections.
- ~Childhood diseases – diseases such as measles, mumps, and chicken pox pose a serious risk for lifeguards and other aquatic personnel who did not have them as children or were not immunized against them.

Protecting Yourself From Disease Transmission

- ~Know M.A.S.A's Preventing Disease Transmission Procedure
- ~Immunizations are very important for preventing disease.
- ~If exposed, contact your employer to receive a different kind of vaccination within 24 hours.
- ~Take precautions that prevent exposure to blood or other body fluids, known as Universal Precautions.
- ~Follow basic precautions: personal hygiene, personal protective equipment, work practice controls, and equipment cleaning and disinfecting.

If You Are Exposed

- ~Clean the area of contact thoroughly, write down what happened, and notify your employer.
- ~If necessary, see your doctor for follow-up care.

Simple Rules:

- ~When providing care, be careful to prevent germs from infecting you.
- ~Biggest risks – touching a person's body fluids, and breathing in air from an infected person.
- ~Prevent infection by avoiding contact with blood or other substances.
- ~Follow Universal Precautions: Personal hygiene, personal protective equipment, work practices, and equipment cleaning and disinfecting.