

TOOLBOX TALK

Bloodborne Pathogens

WHY THIS MATTERS

Construction workers risk exposure to bloodborne pathogens — HIV, Hepatitis B (HBV), and Hepatitis C (HCV) — through contact with blood and bodily fluids from injuries, first aid, and contaminated sharps. OSHA 29 CFR 1910.1030 requires exposure control plans, training, and PPE.

95%

HBV vaccine efficacy in healthy adults (CDC)

1910

OSHA's Bloodborne Pathogens Standard (.1030)

100%

Universal Precautions protect you every time

5 Rules for Bloodborne Pathogen Safety

Blood and bodily fluids can carry deadly infections — protect yourself and others:

1

TREAT ALL BLOOD AND BODILY FLUIDS AS INFECTIOUS

Use Universal Precautions: assume all blood and body fluids are potentially infectious regardless of the source.

2

WEAR PPE WHEN EXPOSURE IS POSSIBLE

Gloves, eye protection, and face shields when giving first aid, cleaning blood spills, or handling contaminated materials.

3

NEVER PICK UP SHARPS WITH BARE HANDS

Nails, broken glass, needles, razor blades — use puncture-resistant gloves and tongs. Dispose in sharps containers.

4

REPORT ALL EXPOSURE INCIDENTS IMMEDIATELY

Needlesticks, cuts from contaminated objects, blood splashes to eyes/mouth — report to your supervisor right away.

5

GET YOUR HEPATITIS B VACCINATION

OSHA requires employers to offer free Hep B vaccinations to workers with occupational exposure. It's 95% effective.

Daily Bloodborne Pathogen Safety Checklist

- Are PPE (gloves, eye protection) available at all first aid stations?
- Are sharps containers available and not overfilled on site?
- Is a spill cleanup kit with disinfectant accessible in work areas?
- Do all workers know the exposure incident reporting procedure?
- Has bloodborne pathogen training been completed for the crew?

How to Respond to Blood Exposure on Site

Blood or bodily fluids on a surface

Do not touch. Block off area, notify supervisor. Only trained personnel should clean blood spills.

Blood on your skin or in a wound

Wash immediately with soap and running water for at least 20 seconds. Report right away.

Blood splashes into eyes, nose, or mouth

Flush with clean water or saline for at least 15 minutes. Seek immediate medical attention.

Stuck by a contaminated sharp

Let wound bleed freely, wash with soap and water. Do NOT squeeze. Report — post-exposure treatment is time-critical.

Cleaning up a blood spill

Wear gloves and eye protection. Apply EPA-registered disinfectant or 10% bleach solution. Dispose as biohazard.

After any first aid or cleanup

Remove and dispose of PPE properly. Wash hands with soap and water. Document the incident in writing.

Common Bloodborne Pathogen Mistakes

- ✗ Giving first aid without gloves — even a small cut on your hand can let pathogens enter your bloodstream
- ✗ Picking up nails, glass, or debris bare-handed — contaminated sharps are a leading source of exposure
- ✗ Not reporting a needlestick or blood splash — delayed treatment drastically reduces post-exposure care
- ✗ Refusing the free Hepatitis B vaccine — HBV is 50-100x more infectious than HIV; the vaccine is 95% effective

Safety Tips to Remember

- ✓ Universal Precautions means treating ALL blood as infectious — you can't tell by looking if someone carries HBV/HIV
- ✓ OSHA requires your employer to provide free Hep B vaccination, PPE, training, and post-exposure medical evaluation
- ✓ Keep disposable gloves in your tool belt or vest — you never know when a coworker will need first aid
- ✓ If exposed, seek medical evaluation within 2 hours — post-exposure prophylaxis works best when started early

Discussion Questions for Your Team

1. Do we have gloves and a spill cleanup kit readily accessible right now?
2. Does everyone know the procedure for reporting a blood exposure incident?
3. Has everyone been offered the free Hepatitis B vaccination — and accepted it?
4. What would you do if a coworker was bleeding heavily from a cut right now?
5. Are our sharps disposal containers in good condition and not overfilled?

TOOLBOX TALK SIGN-OFF

Date: _____ Supervisor: _____

Project: _____ Location: _____

Attendance sheet attached: Yes