

Worksite: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

## ***Topic C747: Communicable Diseases***

**Introduction:** In today's world, the chance of catching a communicable disease is steadily on the rise. This unfortunate fact is the reason why it is not only important to ensure you are safe, but to take measure when you even feel that you may be at risk.

Most jobs are "low risk" when it comes to pathogens, but there are occasions when the risk factor increases. Be it an accident that exposes you to the blood of someone else, exposure to bodily fluids, or working around tainted (dirty) water.

### **When working in potentially infected areas you should:**

- Always wear the proper Personal Protective Equipment (face shield, goggles, impermeable gloves, rubber boots, etc),
- Never assume standing water at a work site is clean.
- Always wash up with soap and hot water if you think the area was contaminated.
- Use common sense when in potentially infected areas.

**Most other diseases are transmitted through blood and other bodily fluids, tainted medical supplies, dirty needles, unprotected sexual contact, and the like.**

### **If exposed to another's blood or bodily wastes, you should:**

- Wash the exposed area as soon as possible with soap and hot water.
- If contact with the eyes, flush with an eye wash saline solution or clean water.
- If contact with an open sore or wound, immediately wash with soap and hot water.

### **If you are aiding another who is bleeding:**

- Avoid contact with their blood by using latex or neoprene gloves.
- Wrap the wound in a clean cloth.
- Immediately wash with soap and hot water following the incident.

Most viral and bacterial diseases CAN NOT be transmitted through "dirty water", though there are some that can. Most prevalent among them is *Hepatitis A*. This disease is often spread through contact with fecal matter and other bodily waste, and can also be transmitted through tainted foods or eating after you have touched an infected item, and didn't properly wash your hands.

Most other diseases are transmitted through blood and other bodily fluids, tainted medical supplies, dirty needles, unprotected sexual contact, and the like.

If you think you may be exposed, or the work environment is infected, ensure you have the correct PPE for the job, and utilize it. If you must perform a task in a potentially infected area, and lack the necessary PPE, take the time to acquire the correct PPE for the job. If you think you may have been exposed to a communicable disease while on the job, inform your employer and get tested for the infection.

**Conclusion:** Always be aware of your surroundings, and never purposely expose yourself to another's bodily wastes.

***Employee Attendance:*** (Names or signatures of personnel who are attending this meeting)

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*These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.*