

Blood and Body Fluids

About 9 minutes to deliver

The instinct to grab an injured workmate with bare hands is the right instinct and the wrong action — how to help without exposing yourself.

Somebody catches a hand on sheet metal and there is blood everywhere. The first person there puts a bare hand on it. It is the natural reaction and it is how an exposure happens.

UNIVERSAL PRECAUTIONS

Treat all blood and body fluids as if they carry an infection. Not because your workmate is a risk, but because nobody — including them — always knows. Hepatitis B, hepatitis C and HIV are the ones 1910.1030 is written for. Hepatitis B in particular survives on a dry surface for days.

HELPING WITHOUT GETTING EXPOSED

- Gloves first. They are in the kit. Ten seconds.
- Have them hold their own dressing where they can. Direct pressure works just as well through their hand as yours.
- Cover any cut of your own before the shift starts, not after.
- Eyes, nose and mouth are entry routes too. Where blood might spray or splash, that means eye protection.

SHARPS

- Never pick up a needle, a blade or broken glass with your hands. Tongs, a brush and pan, a magnet.
- Never recap or bend a needle. Straight into a rigid sharps container.
- Found sharps in a wall cavity, a demolition space or a portable toilet are somebody else's job — stop and report it.

CLEANING UP

- Gloves, and eye protection if it might splash.
- Absorb it, then disinfect — an EPA-registered disinfectant or fresh 1:10 household bleach in water, left wet on the surface for the contact time on the label.
- Contaminated waste goes in a marked, leak-proof bag, not in the site skip.
- Wash your hands with soap and water afterwards, gloves or no gloves.

IF YOU ARE EXPOSED

Blood in your eye, in a cut, in your mouth, or a needle stick:

- Wash it immediately. Soap and water for skin; flush eyes with water or saline for fifteen minutes.
- Report it the same day and get seen. Post-exposure treatment exists and works best in the first hours, so this is a same-day medical decision, not a wait-and-see one. A clinician decides what is needed.
- Your employer arranges a confidential medical evaluation. The results are yours.

Hepatitis B vaccination is offered free to anyone with occupational exposure. If your job includes being a first-aid responder, take it.

ASK THE CREW

- Where is the first aid kit and are there gloves in it right now?
- Who here is the trained first aider on this crew today?
- If somebody got a needle stick this afternoon, who would they tell?

29 CFR 1910.1030 · 29 CFR 1926.50

This is a toolbox talk, not a course. It is general awareness on one topic — not site-specific, not a hazard assessment, and not a substitute for assessment of your workplace by a competent person, your written programs, or manufacturers' instructions. It does not by itself satisfy any OSHA training requirement. Regulations change; verify against the current standard. Whoever delivers it is responsible for deciding it is suitable and sufficient for the work. Where a talk covers first aid, resuscitation, or mental health it is general safety information, not medical advice, not a substitute for professional medical care or certified emergency-response training, and it confers no certification — in an emergency, call 911. Free to print and use, as is, with no warranty of any kind. Migna Safety Solutions · training.mignasafety.com

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ATTENDANCE RECORD

Blood and Body Fluids

About 9 minutes to deliver · 29 CFR 1910.1030 · 29 CFR 1926.50

Date

Job / site

Delivered by

Company

#	Print name	Signature	Date
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I delivered this talk and determined it was suitable for this crew and this work.

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