

Caution

In the workplace, contact with blood or body fluids that have been tainted with blood or semen can present a risk of infection for hepatitis B, hepatitis C, and the virus that causes AIDS.



After any contact at risk with blood, go to a hospital EMERGENCY room that offers post-exposure treatment as soon as possible (ideally within two hours of the accident).

In Montréal, this service is available at the CHUM's St-Luc hospital EMERGENCY room, 1058 Saint-Denis (corner of René-Lévesque), 24 hours a day, 7 days a week.

Remember...

Blood on unbroken skin does not present a risk of infection.

The risk of infection following contact with contaminated blood is low.

Be careful with blood



AIDS blood DANGER hepatitis AIDS



RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DE MONTRÉAL-CENTRE
Direction de santé publique
www.santepub-mtl.qc.ca

RISQUES BIOLOGIQUES AU TRAVAIL

Be careful with blood and body fluids tainted with blood

Hepatitis B virus, hepatitis C virus, and the virus that causes AIDS can be spread through blood.

Healthy people can be carriers of these viruses and not know it.



To protect yourself: 2 basic things to remember:

- Treat everybody's blood as if it could spread an infection (including the blood of colleagues at work)
- Use preventive measures to avoid all contact with blood



If you get

Stuck with a needle, cut or scratched with an object soiled with blood



A bite that breaks the skin



Blood on open skin lesions



Blood on mucous membranes – eyes, lips, inside the mouth or nose



First Aid

Make the wound bleed immediately

Wash with soap and water and then rinse



Rinse the affected area thoroughly with water as soon as possible



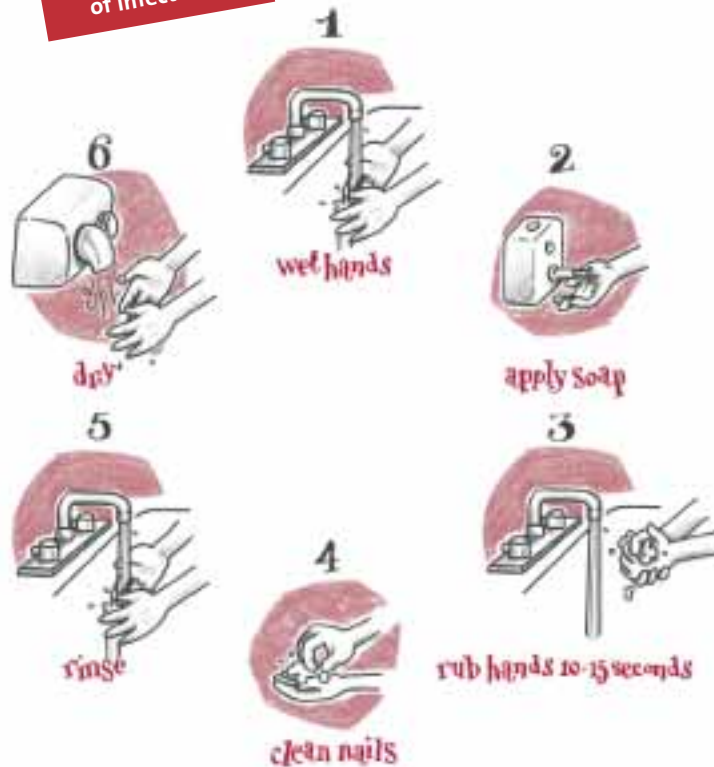
What Preventive measures should be taken?

HAND WASHING

Wash hands with soap and water as soon as possible

- After contact with blood
- After removing gloves worn at work

Hand washing is the most effective way of preventing transmission of infections.



WEARING GLOVES

Wear good quality disposable gloves:

- To clean blood stains
- To handle blood-stained items
- To help someone who is injured



Thick gloves should be worn:

- To handle garbage bags and garbage cans



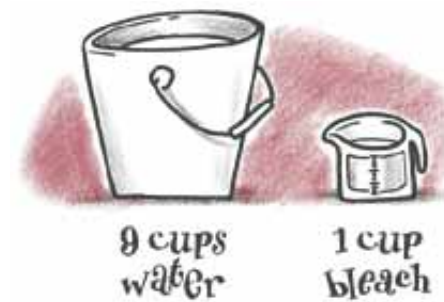
CLEANING AND DISINFECTING OBJECTS SOILED WITH BLOOD

STEP 1:
PUT ON disposable GLOVES

STEP 2:
WIPE UP blood with a paper towel until there is no visible blood left



STEP 3:
APPLY a bleach solution (mix 1 part bleach with 9 parts water) and LET STAND for 10 minutes



STEP 4:
RINSE with water

Place all bloodstained articles (paper towels, gloves, rags) in a securely tied bag and put the bag in the garbage.

HANDLING SHARP OBJECTS AND NEEDLES

- Use gloves and tongs to pick up used syringes and needles
- Put these objects in a secure plastic container

