



## *Blood Borne Pathogens*

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### **What infections can be caused by needlestick injuries?**

Needlestick injuries can expose workers to a number of bloodborne pathogens that can cause serious or fatal infections. The pathogens that pose the most serious health risks are

- Hepatitis B virus (HBV)
- Hepatitis C virus (HCV)
- Human immunodeficiency virus (HIV) -- the virus that causes AIDS

HBV vaccination is recommended for all health care workers (unless they are immune because of previous exposure). HBV vaccine has proved highly effective in preventing infection in workers exposed to HBV. However, no vaccine exists to prevent HCV or HIV infection.

**Preventing needlestick injuries is the best way to protect yourself from these infections.**

### **Who is at risk of needlestick injury?**

Any worker who may come in contact with needles is at risk, including nursing staff, lab workers, doctors, and housekeepers.

### **How common are needlestick injuries among health care workers?**

Estimates indicate that 600,000 to 800,000 needlestick injuries occur each year. Unfortunately, about half of these injuries are not reported. ***Always report needlestick injuries to your employer to ensure that you receive appropriate followup care.***

### **What kinds of needles usually cause needlestick injuries?**

- Hypodermic needles
- Blood collection needles
- Suture needles
- Needles used in IV delivery systems

**Needlestick injuries can lead to serious or fatal infections. Health care workers who use or may be exposed to needles are at increased risk of needlestick injury. All workers who are at risk should take steps to protect themselves from this significant health hazard.**



## Do certain work practices increase the risk of needlestick injury?

Yes. Past studies have shown that needlestick injuries are often associated with these activities:

- Recapping needles
- Transferring a body fluid between containers
- Failing to dispose of used needles properly in puncture-resistant sharps containers

## How can I protect myself from needlestick injuries?

- Avoid the use of needles where safe and effective alternatives are available.
- Help your employer select and evaluate devices with safety features that reduce the risk of needlestick injury.
- Use devices with safety features provided by your employer.
- Avoid recapping needles.
- Plan for safe handling and disposal of needles before using them.
- Promptly dispose of used needles in appropriate sharps disposal containers.
- Report all needlestick and sharps-related injuries promptly to ensure that you receive appropriate followup care.
- Tell your employer about any needlestick hazards you observe.
- Participate in training related to infection prevention.
- Get a hepatitis B vaccination.

For additional information, see [NIOSH Alert: Preventing Needlestick Injuries in Health Care Settings](http://www.cdc.gov/niosh/2000-108.html) (www.cdc.gov/niosh/2000-108.html)[DHHS (NIOSH) Publication No. 2000-108]. Single copies of the Alert are available from the following:

NIOSH-Publications Dissemination  
4676 Columbia Parkway  
Cincinnati, OH 45226-1998

**1-800-35-NIOSH** (1-800-356-4674)  
Fax: 513-355-8573  
E-mail: [pubstaft@cdc.gov](mailto:pubstaft@cdc.gov)

I have read and understand the above guidelines and I agree to follow them.

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SIGNATURE

\_\_\_\_\_  
DATE

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**“Your One Solution in Staffing”**

# Lifting Technique Guidelines

- ASSESS THE SITUATION BEFORE LIFTING. ASK YOURSELF:
  - a. CAN YOU LIFT THIS LOAD SAFELY OR IS IT A TWO PERSON LIFT?
  - b. HOW FAR WILL YOU HAVE TO CARRY THE LOAD?
  - c. IS THE PATH CLEAR CLUTTER, CORDS, SLIPPERY AREAS, STAIRS, ETC?
  - d. WILL YOU ENCOUNTER CLOSED DOORS THAT NEED TO BE OPENED?

- BRING THE LOAD AS CLOSE AS POSSIBLE BEFORE YOU LIFT

- SEPARATE FEET: PUT ONE SLIGHTLY IN FRONT OF THE OTHER

- BEND YOUR KNEES TO A COMFORTABLE DEGREE.  
(REMEMBER, SINCE LEG MUSCLES ARE STRONGER THAN MUSCLES, IT IS BETTER TO BEND AND PUSH UP FROM THAN FROM THE WAIST)



BACK  
THE KNEES

- LIFT THE LOAD STRAIGHT UP SLOWLY, IN A CONTINUOUS FASHION, AVOIDING FAST, JERKY MOVEMENTS

- DON'T TWIST YOUR BODY WHILE CARRYING A HEAVY

LOAD

- CHANGE DIRECTION BY TURNING YOUR FEET, NOT YOUR

BACK

- SETTING THE LOAD DOWN IS JUST AS IMPORTANT AS UP. USING YOUR LEG MUSCLES, COMFORTABLY LOWER BY BENDING YOUR KNEES. KEEP YOUR BACK CURVES- TWIST YOUR BODY

PICKING IT  
THE LOAD  
DON'T

- WHEN LIFTING, ALWAYS MAKE SURE THE LOAD IS AND EVEN

BALANCED

- NEVER LIFT OR CARRY A LOAD ABOVE YOUR HEAD OR ON THE SIDE OF YOUR BODY

- **GET HELP WHEN NECESSARY; DON'T STRAIN!**

I have read and understand the above guidelines and I agree to follow them.

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SIGNATURE

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DATE