

First-aid Attendants

Be careful with blood and blood-stained body fluids

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The **aids**, **hepatitis B** and **hepatitis C** viruses...

can spread through blood, but the risk of infection is low. So don't hesitate to help someone who is injured but remember that

- you can catch an infection from the blood of someone you know (including the blood of your work colleagues and of people you know well);
- contact with blood or blood-stained body fluids must be avoided using appropriate protection.



What kinds of contacts are risky?



There is a risk of infection when the blood of an infected person goes through your skin as a result of

- a jab or cut with an object soiled with blood;
- contact with a wound that hasn't healed (e.g. eczema, chapping);
- a bite that has broken the skin.

There is also a risk when the blood of an infected person comes into contact with your mucous membranes—eyes, lips, mouth or inside the nose—especially through splashes. Blood on healthy skin is not a risk.

How to **protect yourself** from **infections?**

If you have an open wound (on hands or arms), it is advisable to cover it with a watertight bandage to prevent contact with blood.

1 **Wash your hands**

It's the most effective way to prevent infection transmission.

If you have blood or blood-stained body fluids on your hands or other body surfaces, wash them as soon as possible with soap and water.

If you can't wash your hands right away, use fast-drying, alcohol-based antiseptics. Then wash your hands with soap and water as soon as you can.

If you are wearing gloves, wash your hands as soon as you take them off.



2 **Wear disposable gloves**

You must wear medical-grade disposable gloves

- when you have to touch blood or blood-stained body fluids;
- when you handle objects contaminated with blood;
- when you clean blood-soiled surfaces.

Change gloves immediately if they are torn or punctured. Never reuse disposable gloves, even if they appear to be in good condition.



3 **Use a mask** with a **one-way valve** when **performing** **resuscitation**

If you try to resuscitate a victim use a mask with a one-way valve.



4 Clean and disinfect surfaces and objects soiled with blood

To disinfect surfaces and objects

- Use a solution of one (1) part bleach (5.25%) to nine (9) parts water. Never mix bleach with another disinfectant or cleaner.

Please note: Bleach can damage some surfaces and objects, so it's important to follow the manufacturer's recommendations.

- Wear disposable gloves when cleaning.
- Remove any blood or visible residue with a paper towel.
- Then apply the bleach solution with a cloth or spray bottle.
- Let the solution sit at least 10 minutes.
- Rinse thoroughly with water and then dry.



5 Clean your blood-stained clothes

Handle blood-stained clothes as little as possible and always wear gloves when doing so. Carry the clothes in a plastic bag. Clean them as usual.

6 Dispose of waste safely

Put compresses, paper towels, gloves and cloths in a plastic bag and seal it. Throw the bag in the garbage.



What to do if blood comes into contact with

A wound

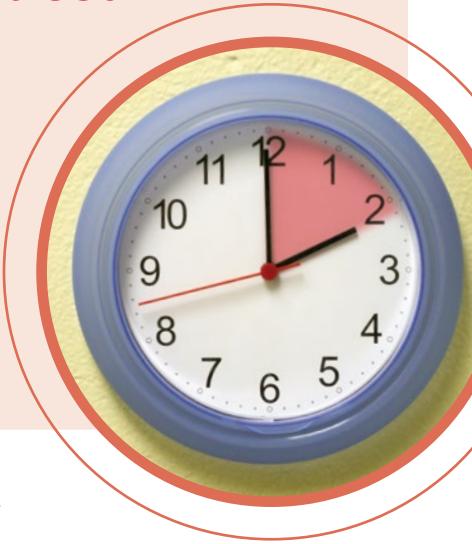
- Clean the wound with soap and water, but don't rub it.
- Rinse the wound under running water.
- If there is no water, use a fast-drying antiseptic, and wash the wound with soap and water as soon as possible.

A mucous membrane (eyes, lips, mouth or inside the nose)?

- Rinse abundantly with water as soon as possible.

Following any at risk contact with blood

1. Tell your employer that you have come into contact with blood.
2. Go to a hospital (ideally within two hours of the accident). In Montréal, you must go to the CHUM's Saint-Luc pavilion, located on Saint-Denis street. Specialized services are offered there at all times.
3. Tell the receptionist at the hospital that you have been in contact with blood at work.



For more information, contact your occupational health team.

www.santeautravail.qc.ca

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Be careful with blood!