

# BLOOD AND BODY FLUID EXPOSURE ACTION PLAN

## BEFORE AN ACCIDENT HAPPENS, THE FOLLOWING SHOULD BE AVAILABLE:

1. Infection Control Manual listing occupational risks and safe work practices.
2. First Aid Kit containing eye bath, eye wash and sterile normal saline in a squeeze bottle, waterproof adhesive dressings.
3. Accident Log Book to list time, date and place of accident. List name of affected person, how accident occurred, exact nature of accident, response to accident, medical practitioner contacted and treatment given.
4. REHEARSAL OF AN ACCIDENTAL SITUATION EVERY 6 MONTHS AND WHEN NEW STAFF MEMBER JOINS PRACTICE.

### NEEDLESTICK, SHARPS INJURY OR SKIN CUT

↓  
**IMMEDIATELY**

↓  
Remove glove and wash the area with soap and water,  
rinse well and dry.  
(DO NOT SQUEEZE)

↓  
Look to see if wound penetrated to reveal blood.

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Cover with waterproof adhesive dressing.

### EYE OR MUCOSAL SPLASH OR SPLATTER

↓  
**IMMEDIATELY**

↓  
Rinse eye with eye bath and eye wash solution.  
(Eyelid must be open)  
Flush with normal sterile saline from squeeze bottle  
or rinse under running tap water.  
(Eyelid must be open)  
If mouth, spit out and rinse  
with running tap water.

**IF NON PENETRATING  
INJURY,  
NO FURTHER ACTION  
NECESSARY**

**IF POSSIBLE PENETRATING INJURY  
OR POSSIBLE EXPOSURE**

↓  
**IMMEDIATELY**

**Contact Medical Clinic responsible  
for occupational emergency**

Dr .....  
Phone Number .....  
Address .....  
.....

Possible blood screening, counselling,  
all documentation.

**IF MASSIVE EXPOSURE, SOURCE KNOWN  
HIV, HEPATITIS C OR HEPATITIS B**

**Contact Major Health Facility**

Name/s .....  
Phone Number .....  
Department .....  
Address .....  
.....

Blood screening, counselling,  
all documentation

## AFTER AN ACCIDENT

1. Document injury in Accident Log and notify Workcover Insurer.
2. Investigate how and why accident occurred. Set up protocol to prevent recurrence.
3. Develop protocol and incorporate in Infection Control Manual.
4. Blood screening and results are confidential. May include Hepatitis C, Hepatitis B and HIV follow-up 3 months and 6 months later.