



Bloodborne Pathogens Exposure Job Aid

If you are exposed to blood or OPIM, take the following actions:

- If possible, notify your co-workers in the laboratory about the exposure so they can assist.
- Remove contaminated personal protective equipment.
- Wash needlestick injuries and cuts with soap and water for at least 15 minutes.
- Flush splashes to the nose, mouth, or skin with water.
- Irrigate eyes at an eye-wash station with clean water, saline, or sterile wash for at least 15 minutes.
- Promptly report all exposures to your supervisor to ensure you receive appropriate follow-up care.

Employers must make an immediate and confidential follow-up medical evaluation available for the worker. This evaluation must be:

- At no charge to the worker
- At a reasonable time and place for the worker
- Performed by or under the supervision of a licensed physician or other licensed healthcare professional
- Provided according to the recommendations of the U.S. Public Health Service (USPHS) at the time the procedure takes place

If you are exposed to bloodborne pathogens on the job, OSHA's Bloodborne Pathogens Standard requires your employer to provide the following:

- Laboratory tests conducted at an accredited laboratory at no cost to the worker
- Postexposure prophylaxis for HBV, HCV, and HIV, when medically indicated, offered to the exposed worker according to the recommendations of the USPHS
- Postexposure follow-up that includes counseling the worker about their infection status and the implications of the exposure, including the results and interpretation and how to protect personal contacts
- Follow-up that includes evaluation of reported illnesses related to exposure

References:

Bloodborne Pathogen Exposure. National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention; 2007-157. Updated June 6, 2014. Accessed February 16, 2024.

<https://www.cdc.gov/niosh/docs/2007-157/default.html>

OSHA Fact Sheet: OSHA's Bloodborne Pathogen Exposure Incidents. Occupational Safety and Health Administration, U.S. Dept of Labor. January 2011. Accessed February 16, 2024.

<https://www.osha.gov/sites/default/files/publications/bbfact04.pdf>

This job aid is a component of the free, on-demand CDC training course "Fundamentals of Bloodborne Pathogens." Find the course at reach.cdc.gov

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