Sample Lesson Plan

General Training Healthcare Program (10-hour)

Overview

This lesson gives a basic overview of bloodborne pathogens and how to prevent them from spreading. Also included are ways for students to be able to explain the differences between HIV and HBV, information on how to protect themselves against bloodborne pathogens, and how bloodborne pathogens may be transmitted.

Step 1: Planning the Lesson

• Instructional Materials.
  1. PowerPoint presentation.
  2. Instructor notes.
  3. Other materials.

• Instructional Objectives.
  1. Complete the required topics for the OSHA 10-hour course.
  2. Present Bloodborne Pathogens to [number] participants.
  3. Incorporate active participation in each lesson.
  4. Provide a quiz or short evaluation at the end of the course.
  5. Ensure feedback from participants at various points in the training.

Step 2: Presenting the Lesson

• Lesson Introduction.

  Introductory remarks or transition from previous lesson.

• Learning Objectives/Outcomes.

  Upon completion of the lesson, participants will be able to:

  1. Understand what bloodborne pathogens are.

  2. Know OSHA’s Bloodborne Pathogens Standard and list and describe at least four of OSHA’s Bloodborne Pathogens Standard requirements to protect you in the work place.

    Possible responses:
    
    o Exposure Control Plan: Written plan to minimize or eliminate occupational exposures.
    o Annual Plan Update: Updating the exposure control plan annually to reflect all changes in the workplace environment.
Universal Precautions: Employers are required to implement the use of universal precautions.

Engineering Controls: Devices put in place to isolate or remove the bloodborne pathogens hazard from the work place and the standard requires that employers identify and use such standards.

Workplace Practice Controls: Employers are required to identify and ensure the use of work practice controls. These are practices that reduce the possibility of exposure by changing the way a task is performed.

Person Protective Equipment: Employers must provide PPE. (Example: gloves, gown, eye protection and masks)

Hepatitis B Vaccinations: Employer must provide Hepatitis B vaccinations to all workers with occupational exposure.

Post-exposure Evaluation and Follow-up: Employers must make available post-exposure evaluation and follow-up to any occupationally exposed worker who experiences and exposure incident.

Labels and Signs to Communicate Hazards: Warning labels must be affixed to containers of regulated waste, contaminated reusable sharps, and other containers used to store, transport, or ship blood or potentially infection material.

Training: Employers must ensure that their workers receive regular training that covers all elements of the standards.

Medical and Training Records: Employers have an obligation to maintain worker medical and training records. The employer also must maintain a sharps injury log.

3. Describe 3 routes of entry bloodborne pathogens can be transmitted or are introduced into the bloodstream of a person.
   Possible responses:
   - Injection
   - Mucous Membrane
   - Sexual Contact

4. List and describe the 4 common pathogens for healthcare workers.
   Possible responses:
   - Human immunodeficiency virus (HIV): HIV disables the body’s immune system until it is no longer capable of fighting infection.
   - Hepatitis B: Hepatitis B can cause serious liver damage and death. Symptoms include jaundice, fever, nausea, and abdominal pain.
   - Hepatitis C: Hepatitis C causes serious damage to the liver and can be fatal. Infection can occur without symptoms or only mild ones.
   - Ebola: Though not currently as much of a risk in the general population in the U.S., healthcare workers are at high risk because they may come in contact with infected blood or bodily fluids.

5. Understand how to reduce risk of exposure.

   Possible responses:
   - Nurses
   - Physicians
   - Technicians
   - Dental staff
   - Housekeeping staff
   - Maintenance staff
7. Describe 4 steps that the CDC has provided to assist in Starting Safe and Staying Safe when working with sharps. Possible responses:

- Working in well-lit areas
- Being aware of people around you
- Focus on your task
- Avoiding hand-passing sharps and use verbal alerts when moving sharps
- Receiving training on how to use sharps safety devices
- Organizing your work area with appropriate sharps disposal contains within reach

8. List the steps to immediately take if exposed to a bloodborne pathogen. Possible responses:

- Wash exposed area, needlestick or cut with soap and water.
- Flush splashes to nose, mouth, or skin with water.
- Irrigate eyes with water, saline, or sterile irrigates.
- Report the incident.
- Immediately seek medical treatment.

**Step 3: Evaluating Student Learning and Instruction**

**• Lesson Evaluation and Comments.**

**References**


The following applicable OSHA publications are available at http://www.osha.gov/pls/publications/pubindex.list

- 3127 Occupational Exposure to Bloodborne Pathogens