

# Biological Hazards



## Biological hazards:

- Are biological substances that may present a health risk.
- Include bacteria, fungi, viruses and other disease-causing organisms.
- Can be transmitted through ingestion, inhalation, absorption or wounds.

## Avoid:

- Direct contact with body fluids through broken skin, splashes to the mucous membranes and sharp instrument injuries.
- Ingestion via, for example, contaminated hands, food and surfaces.
- Inhalation, for example, through coughing and sneezing.

## Workers at risk include:

- **Health Care Workers:**
  - ❖ Often exposed to body fluids.
  - ❖ At high risk for sharps injuries.
  - ❖ Deal with ill patients, wounds and infectious diseases.
  - ❖ At risk for at least 33 transferable diseases including Hepatitis A, B & C and HIV/AIDS.
- **Meat Processing Workers:**
  - ❖ Improperly handled meat products carry bacteria and viruses.
  - ❖ Workers are exposed to, for example, Anthrax, Avian Flu, Bovine Tuberculosis, Q fever, Rabies, Salmonellosis and Toxoplasmosis.
- Any worker exposed to contaminated body fluids/other hazardous materials should take precautions.



## The most important precaution is Hand Washing

- 1) Wet hands & wrists.
- 2) Use a sufficient amount of soap.
- 3) Lather soap & scrub hands well, palm to palm.
- 4) Scrub in between & around fingers.
- 5) Scrub back of each hand with palm of other hand.
- 6) Scrub fingertips of each hand in opposite palm.
- 7) Scrub each thumb clasped in opposite hand.
- 8) Scrub each wrist clasped in opposite hand.
- 9) Rinse thoroughly under running water.
- 10) Wipe and dry hands well with paper towel.
- 11) Turn off water tap using paper towel.

