F. ATHLETICS, CAMPUS RECREATION, AND KINESIOLOGY ATHLETIC TRAINING OPTION

The following descriptions are geared toward the general duties associated with athletic/personal trainers, and recreational activity attendants (including lifeguards).

<table>
<thead>
<tr>
<th>WORK TASK</th>
<th>POTENTIAL EXPOSURE SITUATION</th>
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<tbody>
<tr>
<td>Handling syringes, needles, other sharps</td>
<td>Accidental self-inoculation, needle sticks.</td>
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<tr>
<td>Wound care</td>
<td>Contact with blood, OPIM, non-intact skin.</td>
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<tr>
<td>Cleaning and maintaining contaminated exercise equipment</td>
<td>Contact with blood or OPIM.</td>
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<tr>
<td>First aid on accident victims or those experiencing medical difficulties</td>
<td>Contact with blood or OPIM.</td>
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<tr>
<td>Performing CPR or rescue breathing</td>
<td>Contact with saliva, open mouth sores, OPIM.</td>
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Safe Work Practices for Athletic/Personal Trainers and Recreational Activity Attendants

- Wear gloves whenever touching blood, bodily fluids, mucous membranes, or non-intact skin while conducting operations.
- Wear gloves when handling items or surfaces obviously contaminated with blood or other bodily fluids.
- Immediately and thoroughly wash hands and other skin surfaces with water and antiseptic cleanser if contaminated with blood or other bodily fluids.
- Immediately wash hands after gloves are removed.
- Immediately clean areas and equipment, which become contaminated with blood or other bodily fluids with a *fresh* (mixed within 24 hours) bleach solution containing one part household bleach to nine parts of water.
- Immediately, or as soon as is feasible, remove clothing which becomes contaminated with blood or other bodily fluids. Keep contaminated clothing separate from other clothing until properly laundered.
- All staff responsible for wound care must be provided the appropriate PPE and disposal bags/boxes. Place disposable gloves into a biohazard disposal bag immediately after use. Reusable contaminated PPE must be placed into an appropriately labeled, leak-proof container until decontaminated.
- Use extreme care when handling sharp objects such as needles, razors, and scissors. Needles should not be recapped, bent, broken, or otherwise manipulated by hand. Disposable sharps must be immediately placed into a puncture-proof sharps container after use. Sharps containers must be puncture-resistant, labeled or color coded, and leak-proof on the sides and bottom.
- Athletes may not compete or participate in any training or practice if wounds have not been treated and covered.
- Athletic and recreational personnel with open wounds or sores should avoid all situations where they may come into contact with potentially infectious materials.
• Prior to any intercollegiate athletic competition, a designated representative of Athletics should ensure that the visiting team has biohazard disposal bags and sharps containers for disposal of human blood or OPIM. Following completion of the event, Athletics will coordinate disposal of any bags and containers that were used in accordance with University procedures.

• Employees who provide first aid will use resuscitation masks which permit administration of CPR without direct mouth-to-mouth contact.

• Place washable materials (jerseys, towels, splints, etc.) that have become contaminated with human blood or OPIM in appropriately-labeled, leak-proof plastic bags. These materials shall be handled and laundered according to the procedures outlined in Section VI(B)(7), Contaminated Laundry Procedures.

• Disinfect contaminated surfaces, instruments and equipment according to the procedures outlined in Section VI(B)(8) and (9) above.