

SPORT FIRST AID RULES REGARDING BLOOD AND OTHER BODY FLUIDS

A. Introduction

1. The increasing prevalence of blood and body fluid borne pathogens, including Human Immunodeficiency Virus (HIV) and Hepatitis increases the risk that those providing health care/sport 1st aid will be exposed to blood from infected athletes, coaches, and officials, especially when blood and body-fluid precautions are not followed for ALL participants in sport.
2. Protective equipment should be designed and maintained to prevent bloody injuries. Equipment designed to prevent open wounds such as mouth pieces to prevent penetration of another participant's skin should be considered for all contact sports.
3. All staff physicians, therapists, students, and volunteers receive blood borne pathogens training as part of a First Responder training.

B. Equipment and Materials

1. Universal precaution prevention for bloody injuries includes the use of appropriate personal protective equipment (PPE). The purpose of PPE is to prevent blood and body fluids from reaching the health care providers' skin, mucous membranes, or personal clothing. PPE can include, but not limited to, items such as disposable gloves, gowns, shoe covers, face shield, goggles, glasses with side shields, masks, and resuscitation bags.
2. Recommended equipment for 'clean up' include a biohazard bag or bin, adhesive tape or zip ties, disposable absorbent materials such as disposable gloves, paper towels, cleaning/sterilization fresh solution of bleach, or other disinfection products. All equipment and surfaces contaminated with blood and other body fluids must be cleaned with a solution of one part household bleach to ten parts water. This solution must be prepared fresh daily.
3. Recommended supplies for 'wound care' includes disposable gloves (must be changed after contact with each patient, athlete, etc), gauze pads, wound closure strips, antiseptics wipes (if soap and water are not readily available).
4. Sharps and syringes must be considered as potentially infectious and handled with extraordinary care in order to prevent accidental injuries. After they are used, syringes, needles and other sharp items must be placed in a puncture-resistant container for disposal in the approved manner for medical waste. Needles and blades should never be purposefully bent, broken, removed or otherwise manipulated by hand.

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C. Dealing With a Bloody Wound/Body Fluids

1. If bleeding occurs where other participants may be exposed to blood, the individual's participation must be interrupted until the bleeding has been stopped. The wound must both be cleansed with antiseptic or soap and water and securely covered.
2. All clothing soiled with blood must be replaced prior to the athlete resuming training or competition. Clothing soiled with blood and other body fluids must be washed in hot, soapy water.
3. While cleaning blood or other body fluid spills, the following must be done:
 - wear waterproof gloves
 - wipe up fluids with paper towel or disposable cloths
 - disinfect the area as described in point B.2. on previous page
 - place all soiled waste in a plastic bag for disposal
 - remove gloves and wash hands with soap and water.
4. Other wounds including abrasions and all skin lesions and rashes on athletes, coaches and officials must be reviewed by medical personnel. All wounds, skin lesions and rashes must be confirmed as non-infectious and be securely covered prior to the participants starting or continuing participation.
5. Care providers with weeping skin lesions, open wounds or dermatitis must routinely wear waterproof gloves when treating people.
6. Note: Treatment for life threatening injury including control of bleeding and mouth-to-mouth resuscitation can proceed without gloves or mouth pieces, although they should be used if available.

D. If Contact With Blood/Body Fluid Occurs

1. Immediately remove contaminated gloves, clothes, etc.
2. Immediately wash hands and any other skin surfaces that have come into direct contact with blood or body fluids.
3. For mucous membranes (e.g. nose, eyes, mouth) IMMEDIATELY flush with large amounts of water for 15 minutes. Use emergency eye wash station or emergency shower if possible, or other source of clean water.
4. For skin wounds (needle/sharps puncture, human bites, and laceration with infected objects) ensure area bleeds. Wash the exposed area with antiseptic soap and water.
5. Report the incident to someone in authority. All Personnel: Immediately after first aid, go to your family physician or closest Emergency Room, within 1 to 2 hours after the incident.
6. If possible, obtain the contact information of the person whose blood/body fluids to which you were exposed.

Disclaimer

The content and resources is intended for educational purposes only. It is not meant to be a substitute for appropriate medical advice or care. We strongly recommend that you contact a qualified health professional for appropriate diagnosis, treatment, and handling of any injuries that result in blood or body fluid issues or contamination. The SMSCS has made responsible efforts to include accurate and timely information. However the SMSCS, its staff, members, and consultants make no representations, warranties, or guarantees regarding the accuracy of the information contained and specifically disclaim any liability in connection with the content.

