



Mossakowski Medical Research Institute, at the Polish Academy of Sciences

OHS INSTRUCTIONS

HANDLING OF MATERIAL CONTAMINATED WITH HARMFUL BIOLOGICAL AGENTS, INCLUDING CATEGORY 1 OF ACTIVITIES OF CLOSED USE OF GMO

GENERAL COMMENTS

Materials contaminated with harmful biological agents, i.e. blood, its derivatives and other body fluids, secretions, as well as medical waste, municipal waste and municipal sewage, should be treated as potentially infectious and all measures should be taken to maximize protection against their harmful effects.

Work involving material contaminated with harmful biological agents may be performed by an employee:

1. In good health confirmed by a medical certificate stating that there are no contraindications to work in exposure to, among other, harmful biological agents.
2. Trained in occupational applicable health and safety regulations.
3. Equipped with work shoes, work clothes and personal protective equipment appropriate to the level of exposure.

STEPS BEFORE STARTING WORK

Before starting work, the employee should:

1. Undergo available immunizations (e.g., tetanus, typhoid, hepatitis A and B).
2. Become familiar with OHS instructions for handling biological material, use of personal protective equipment and disinfection methods.
3. Dress in the work and protective clothing provided for use in this job.
4. Remove all unnecessary items in the work area.

GENERAL PRINCIPLES OF OCCUPATIONAL HEALTH AND SAFETY AND HANDLING OF MATERIAL CONTAMINATED WITH HARMFUL BIOLOGICAL AGENTS

1. Avoid cuts and do not expose others to cuts.
2. Employees with damaged skin on their hands and other uncovered parts of the body should not work with material contaminated with harmful biological agents.
3. Observe the prohibition of eating, drinking, smoking, use of cosmetics and food storage at the workplace.
4. Store bio-contaminated material in places and containers intended for this purpose properly labeled with a biohazard sign.
5. Keep the workstation clean at all times.
6. Observe basic hygiene rules:
 - wash hands before breaks and after activities,
 - use cleaning, protection and skin care products,
 - keep private and work clothes separately,

- clean or change work clothes and personal protective equipment regularly and as necessary.

POST-WORK ACTIVITIES

After the work is completed, the employee should:

1. Clean the workstation (washing, disinfection).
2. Clean used personal protective equipment and put it away in its storage place.
3. Ensure that the station and auxiliary instruments left behind will not create any hazards to the environment

THE RULES OF CONDUCT IN EMERGENCY SITUATIONS THAT POSE A THREAT TO THE LIFE OR HEALTH OF EMPLOYEES

1. In case of a cut:
 - wash hands under running water with liquid soap (if water is not available, hands can be sanitized with an antiseptic for hygienic hand sanitizing),
 - do not stop the flow of blood (or even cause more intense bleeding),
 - a large wound should be disinfected with a 3% solution of hydrogen peroxide, a small wound should be disinfected with an alcohol solution (antiseptic preparation for hand disinfection),
 - apply a sterile dressing (preferably waterproof),
 - consult a doctor (preferably a specialist in infectious diseases).
2. In case of contamination of the skin with material contaminated with harmful biological agents: -
 - remove infectious material from the skin surface using gauze or other material soaked in antiseptic for hand sanitizing,
 - wash and disinfect the exposure site with an antiseptic.
3. If material contaminated with harmful biological agents gets into the eyes, rinse and flush the eyes with sterile saline solution or clean water with the eyelids open.
4. In the event that material contaminated with harmful biological agents enters the oral cavity, it is necessary to:
 - flush out the infectious material,
 - rinse the mouth with water a dozen times.
5. In case of exposure to material contaminated with harmful biological agents, as a result of e.g.: spills, spraying, breaking a test tube or other container, etc., it is necessary to:
 - flood the contaminated area immediately with disinfectant,
 - cover with lignin or paper towel for 15 minutes,
 - collect the residue with gloves into a bag for contaminated materials, – wash off with water and dry,
 - collect broken glass with tweezers into a hard container for sharp infectious materials, disinfect the tweezers.
 - remove gloves and wash hands with disinfectant.

CONCLUDING REMARKS

1. Any noticed accident or other danger to human life or health should be immediately reported to the supervisor and colleagues should be warned, and the workplace should be left in the condition in which the accident occurred.

2. In the event that working conditions do not comply with OHS regulations and pose a direct threat to the health or life of the employee, or if the work performed by the employee threatens such a danger to others, the employee has the right to refrain from work, immediately notifying the supervisor.

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