

## Back to School!



### Watch for the New Class!

**F**all is an exciting time at OHSU. After a long and relaxing (...maybe not!) summer, we are about to be flooded with the newest batch of students, residents, and others returning from summer hiatus.

Please take the time to chat with new and returning folks about the capabilities of SafetyTeam members and other OHSU safety resources (Environmental Health & Radiation Safety, Employee Health, Student Health, the Infection Control Program, Public Safety, the Wellness Program, and Facilities & Real Estate). Pay particular attention to people you don't recognize and who may not know where to find resources.

When you are walking on campus, be on the lookout for individuals or situations that may need attention. We have seen some of the best safety suggestions come from members who noticed a need outside their work area!



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### Shared Successes



We have had great success in resolving all issues brought to the SafetyTeam in the last few months.

### Great job everyone!

If you have any safety concerns or questions, please let the SafetyTeam Coordinator know so she can help!

*Thanks members... be safe!*



## Topic of the Month

This month's specialized training topic is a discussion of **Bloodborne Pathogens**.



### Why Be Concerned?

If you work with or around blood and body fluids, you may be exposed to bloodborne pathogens, including HIV and hepatitis B and C. All three diseases are caused by viruses that are transmitted through exchange of body fluids.

Most transmission of bloodborne pathogens occurs through risky personal behaviors, but transmission in the workplace is possible if skin is punctured by a contaminated sharp, or broken skin or mucous membrane is splashed with blood or a body fluid.

Needlestick is the most common cause for job-related bloodborne pathogen infections, however many factors affect whether any exposure results in an infection. These include the amount of blood or fluid involved; the severity/depth of the injury; an individual's predisposition to infection; and the disease stage of the source.

### Rights

State and Federal Occupational Safety and Health Administrations (OSHA) guarantee your right to a safe workplace. Employees who have contact with blood or other infectious materials have specific rights under OSHA's Bloodborne Pathogens Standard, made law in 1991. Included are free hepatitis B vaccine, personal protective equipment, immediate medical evaluation following exposures, and confidential medical treatment.

OHSU requires that standard precautions be practiced institution-wide; employees must know which materials are potentially infectious; special containers are provided for sharps disposal; hazards

are eliminated, when possible; and employees are trained prior to work, **and annually**, about hazards.

OHSU has policies, and Healthcare has Infection Control Plans (503 494-6694) in place that describe procedures in clinical settings. Find the details on the O-Zone or ask Environmental Health & Radiation Safety (503 494-7795).

### Responsibilities

- **Always use standard precautions** when working around blood, body fluids, and tissues.
- **Respect sharps**, and use needle safety devices, when possible.
- **Get immunized against hepatitis B.** Call Employee Health for details at 503 494-5271.
- **Immediately report all exposures** and comply with post-exposure follow-up procedures. **Don't wait...** the time frame for any necessary medical treatment is critical. Reporting is also essential for establishing a claim for Workers' Compensation benefits. <http://www.ohsu.edu/risk/>
- **Support your peers.** Anyone exposed will need support to understand risks and process.
- **Help "design out" hazards** in your work area to eliminate or prevent exposure to hazards.
- **Be an agent of change.** Be open to new products or practices that could prevent exposures.
- **Annual training** is required of anyone who is or could be exposed to blood or body fluids.

## These are the basics.

### Questions?

**Ask your supervisor or contact  
Environmental Health & Radiation Safety  
at 503-494-7795.**

## Bike Commute Challenge

OHSU is a sponsor of the Bicycle Transportation Alliance's Bike Commute Challenge! The Bike Commute Challenge is a friendly competition — workplace against workplace — to see who can get more people biking to work in September. If you're a bike commuter, log your daily trips to and from work on the BTA website:



<http://www.bikecommutechallenge.com/oregon>

## Bike Safety

The Bike Commute Challenge may increase the number of bicyclists on the road, and also motivate many to ride their bikes to work! If you are riding your bike to work, please consider the following safety tips:

- **Be Predictable.** Ride so drivers can see you and predict your movements.
- **Obey All Regulatory Signs and Traffic Lights.** Bicycles must be driven like other motor vehicles if they are to be taken seriously by motorists.
- **Go Slow on Sidewalks.** Pedestrians have the right of way on walkways. By law, you must give them an audible warning when you pass.
- **Never Ride Against Traffic.** Motorists are not looking for bikes riding on the wrong side of the road. Ride with traffic to avoid potential accidents.
- **Watch for Cars Pulling Out.** Make eye contact with drivers. Assume they do not see you until you are sure they do.
- **Use Hand Signals.** Hand signals tell motorists what you intend to do. For turn signals, point in the direction of your turn.

- **Avoid Road Hazards.** Watch out for sewer grates, slippery manhole covers, oily/wet pavement, gravel, and ice. Cross railroad tracks at right angles.
- **Ride a Well-Equipped Bike.** Prioritize maintenance needs. Always use a strong headlight and tail light at night and when visibility is poor.
- **Dress Appropriately.** Wear a hard-shell helmet whenever you ride. Wear light-colored clothes at night. Bright clothes and reflective materials aid visibility.
- **Do Not Pass on the Right.**

Motorists do not expect a bicyclist to pass on the right, and they may not see you. Pass on the left side of vehicles.



- **Lock Your Bike.** Buy the best locking system you can afford: none is as expensive as a new bike. A U-shaped high security lock is best. There are many bike storage racks, including secure and sheltered racks, for your use at OHSU. You may NOT take your bike inside buildings, by OHSU policy.
- **WARNING!** Do not ride your bike UP Sam Jackson Park Road. Since there is no bike lane and no shoulder and the hill is quite steep, it is extremely dangerous not only to yourself, but to others. Cars are forced to cross the yellow line to pass you as you slowly climb the hill. Instead, please ride up Terwilliger to keep everyone safe and happy!

<http://ozone.ohsu.edu/parking/pages/bike.shtml>

