

Pdx 141&245.pdf



Infectious Disease Training

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Division -- Tri-Cities

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Job Name -- Pdx 141&245

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Comments:

Cold seasons here, be mindful and clean!

Alright team, today we're talking about a hazard you can't always see, but it can definitely take you out of work: infectious diseases. Colds, flu, and even COVID-19 can spread fast on a jobsite if we're not careful. Staying healthy keeps us working safely and keeps projects moving forward.

How Diseases Spread

Respiratory droplets : coughs, sneezes, or even talking (cold, flu, COVID-19).

Surface contact : touching contaminated tools or surfaces, then touching your eyes, nose, or mouth.

Blood or bodily fluids : HIV, Hepatitis B/C (covered under OSHA's Bloodborne Pathogens standard).

Key rules for bloodborne hazards

Never pick up needles, broken glass, or blood without proper PPE.

Use approved sharps containers for disposal.

Report any exposure immediately: medical follow-up is available.

Personal Protective Equipment (PPE)

Wear PPE when required (masks, gloves, gowns, face shields, etc.).

Clean and disinfect shared tools and equipment before and after use.

Use gloves if there's a chance of contact with blood, body fluids, or contaminated materials.

HBI job boxes contain a Bloodborne Pathogen Kit with:

1 Gown

1 Combination Eye Shield & Surgical Mask

1 Hair Cover

2 Nitrile Exam Gloves

2 Shoe Covers

1 Biohazard Bag

2 Antiseptic Wipes

1 Body Fluid Spill Clean-Up Pack

Important: Never throw biohazard waste in regular trash or dumpsters. Disposal must follow state and federal regulations: contact the health department for proper guidance.

How to Safely Remove Gloves

Pinch the outside of one glove at the wrist (don't touch your skin).

Peel it off inside out, holding it in your gloved hand.

Slide two fingers under the wrist of the remaining glove.

Peel it off over the first glove: both should now be inside out.

Dispose of gloves in a biohazard or designated trash container.

Wash hands with soap and warm water for at least 20 seconds.

PPE only works if you wear and remove it correctly. Ask if you're unsure.

Hygiene & Safe Practices

Wash hands often (20 seconds with soap and water).

Use sanitizer (60% alcohol or higher) if sinks aren't available.

Cover coughs/sneezes with a tissue or elbow.

Avoid touching your face.

Don't share food, drinks, or cigarettes.

Clean shared tools and break areas daily.

Breaks & Common Areas

Wash or sanitize hands before eating.

Wipe down tables and surfaces after use.

Keep food and drinks to yourself.

HBI Cold & Flu Season Guidelines

If you're not feeling well:

Stay home if you have obvious symptoms of illness.

You may return once BOTH are true for at least 24 hours:

Symptoms are improving, and

You've been fever-free without medicine. (A fever is considered anything 100.4 degrees or above.)

For the first 5 days back, take extra precautions:

Wash hands frequently, cover coughs, and improve ventilation when possible.

Consider wearing a mask in crowded spaces or close-contact settings until you feel fully better.

Seek medical care if symptoms worsen.

For information on current recommendations from the U.S. Centers for Disease Control and Prevention (CDC) please visit their website with the link Provided below.

[CDC Respiratory Illness Guidelines](#)

Remember This!

Think of germs like nails on the floor:if you don't clean them up, somebody's going to get hurt. Protect yourself, protect your team, and keep our jobsite healthy.