

OSHA- Occupational Safety and Health Administration

什麼是職業安全？

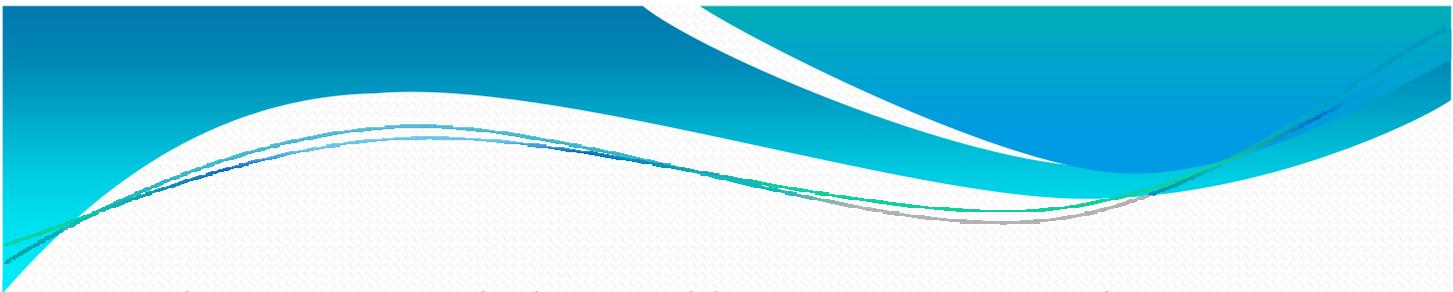
OSHA是防止工傷，疾病和死亡，因為該機構成立於1971,死亡率已經削減了62%，受傷人數減少了42%

OSHA 訓練

目的：探討...

- 血液傳播病原菌
- (TB) 空氣傳播病原菌
- 感染控制
- 一般安全

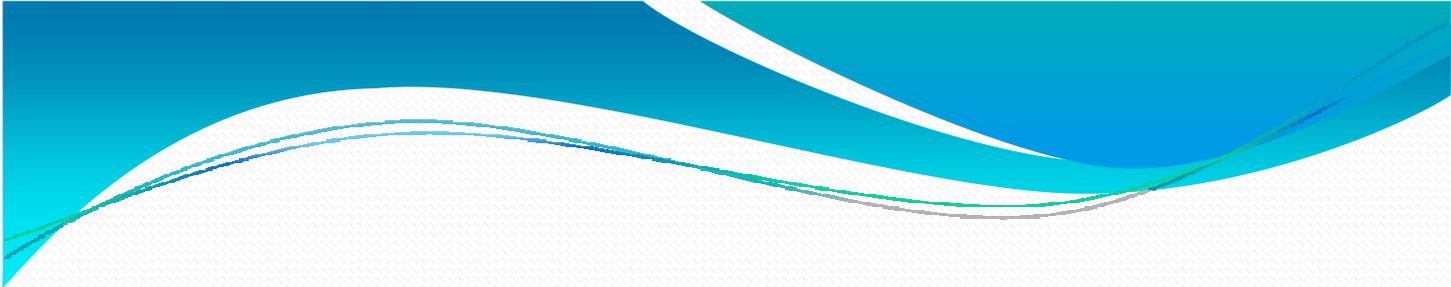
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What are bloodborne pathogens?

什麼是血液傳播病原菌

- Disease-producing organisms in the blood/other body fluids that cause illness, sometimes death
- 病毒在血液或其他體液,可造成疾病,甚至死亡
- 最常見的血液傳播的疾病：
- HIV/AIDS 艾滋病
 - Hepatitis B & C B型和C型肝炎
 - 疫苗-只有B型肝炎



HIV/AIDS

**HIV-Human
immunodeficiency Virus**

**AIDS-Acquired Immune
Deficiency Syndrome**

艾滋病病毒導致艾滋病

**全球-40 million / 非洲-25
million**

**美國-1.1 million(20.000新個
案/每年)**

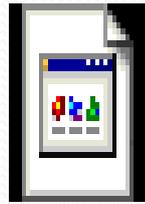


Symptom of HIV 艾滋 病毒的症狀

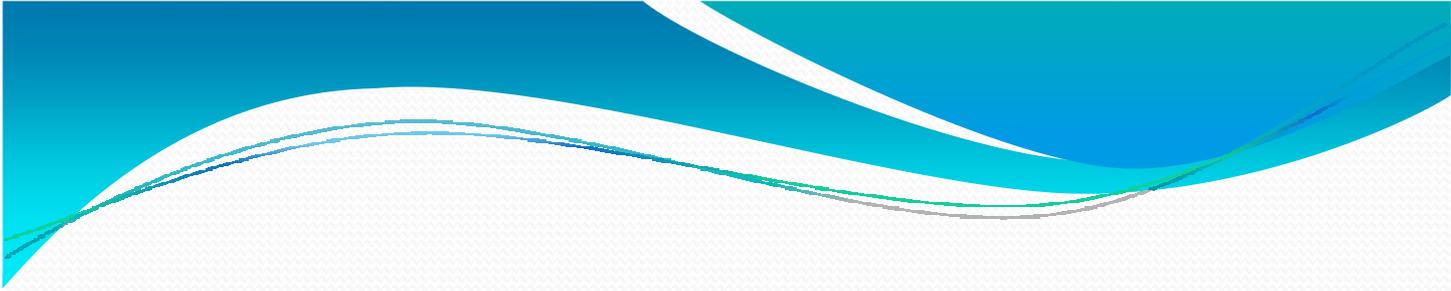
- 類似流感的症狀 **Flu-like symptoms**
 - 發燒/頭痛 **fever Headach**
 - 軟弱/喉嚨痛 **weakness/Sore throat**
 - 腹瀉 **Diarrhea**
- 大多數人感染了艾滋病毒, 多年沒有顯示症狀.
- 艾滋病若不治療, 生存率 2-3年
-

B型和C型肝炎症狀

- 肝臟發炎
- 輕度似禽流感症狀
- 疲勞/噁心
- 沒有食慾,胃痛
- 黃疸（泛黃的皮膚與眼）
- 昏暗的尿
- 末期--肝硬化/肝癌



Foodborne Pathogens Training Video



艾滋病和肝炎傳播方式

- 性接觸
- 接觸受感染的血液（即：針扎，刺青）
- 接觸受感染的粘膜
- 受感染母親傳給新生兒
 - 共用牙刷, 刮毛刀 (Hep B)

Body fluids that transmit blood borne pathogens

體液傳送血病原體

- 血液 Blood
- 精液 Semen
- 陰道分泌物
- Vaginal Secretions
- 唾液 Salvia (Hepatitis)
- 母乳 Breast milk (HIV)

BODY FLUIDS NOT CONTAIN VIRUS

Tears

Sweat

Urine

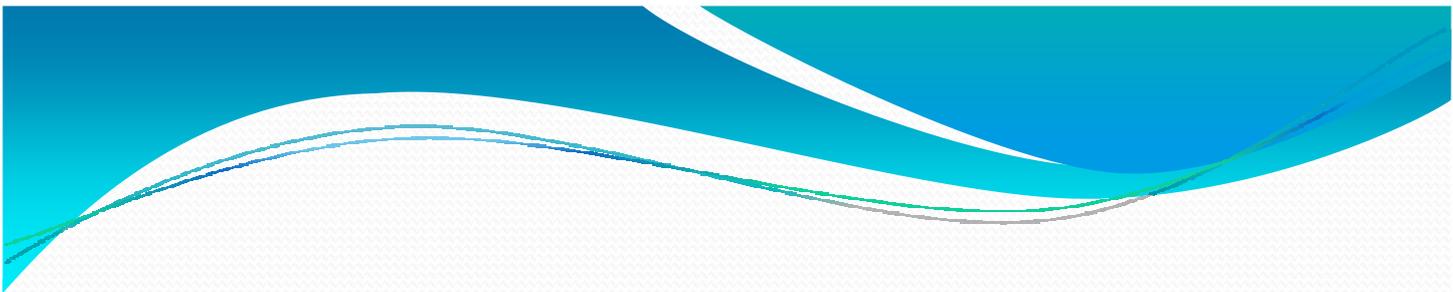
Feces

Saliva

血源性致病菌錯誤 說法

傳輸是通過：

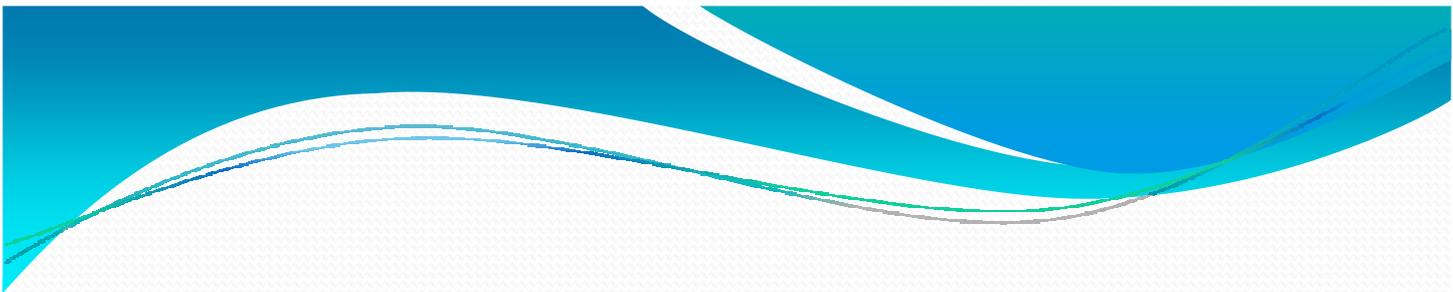
- 被蚊子叮咬？
- 握手？
- 擁抱？
- 接觸？
- 坐在馬桶？



TB Background

- TB was proven to be contagious 1865
- The bacterium that cause TB was discovered 1882.
- The first drug that could kill TB bacteria was discovered 1943.
- By the mid 1970s, most TB sanatoriums in the United States had closed.
- From 1985 through 1992, the number of new TB cases increased by 20%.



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- By 1993, TB cases started declining again due to increased federal funding and enhanced TB control efforts.
 - Of all TB cases reported to CDC in 2006, 57% were in foreign-born persons

什麼是肺結核？

- 細菌感染
- 感染者打噴嚏,咳嗽,說話,唱歌時傳播
- 停留在空氣中很長時間;可以蔓延
- 多數人的免疫系統,防止結核病細菌
- 潛伏結核或接觸結核感染的人不一定會生病或傳染

肺結核的跡象

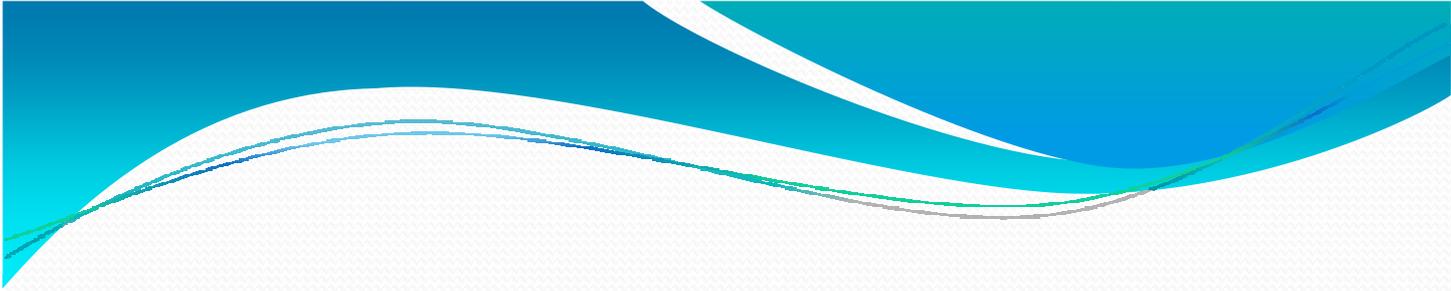
- 軟弱
- 食慾不振
- 意想不到的體重減輕
- 發燒盜汗
- 持續咳嗽
- 咳嗽的痰液,血
- 胸痛與咳嗽

什麼是結核病?

- 潛伏結核感染可進展成開放性結核病,除非是給予預防性治療
- 結核病菌通常攻擊肺部
- 可以通過淋巴系統到其他身體部位

結核病測試和治療

- 結核病測試包括
 - (PPD)結核病皮膚試驗(2 times)
 - 胸部X光
 - 痰培養,Sputum culture
 - 血液檢查 Blood test (QFT-G)
- 治療包括藥物治療與維生素



High risk groups

- Close contacts of people known or suspected to have TB.
- People who have come to the United States within the Last 5 years from areas of the world Where TB is common.
- Low-income groups with poor access to health care, including homeless people.
- People who live or work in high-risk residential setting.
- People who inject illegal drugs;

Medical clearance

體檢合格

- 預防醫療人員傳染疾病給病人及他人
- 保護易感傳染病醫療人員, 及早預防
- 每年(至少TB)

EMPLOYEE ANNUAL TUBERCULOSIS SURVEILLANCE

Date: ___/___/___
Mo Day Year

1. Name: _____
Last First MI

2. Date of Birth: ___/___/___ 3. Social Security Number: ___-___-___

4. In the past year, have you been bothered by any of the following for more than 3 weeks at a time?

- | | | | | | |
|-----------------------------|--------------------------|--------------------------|-----------------------|--------------------------|--------------------------|
| | yes | no | | yes | no |
| Excessive sweating at night | <input type="checkbox"/> | <input type="checkbox"/> | Excessive weight loss | <input type="checkbox"/> | <input type="checkbox"/> |
| Excessive coughing | <input type="checkbox"/> | <input type="checkbox"/> | Excessive fatigue | <input type="checkbox"/> | <input type="checkbox"/> |
| Coughing up blood | <input type="checkbox"/> | <input type="checkbox"/> | Persistent Fever | <input type="checkbox"/> | <input type="checkbox"/> |

5. Have you been told by a health practitioner that your immune system is suppressed or compromised (this may affect the result of your test)? yes no

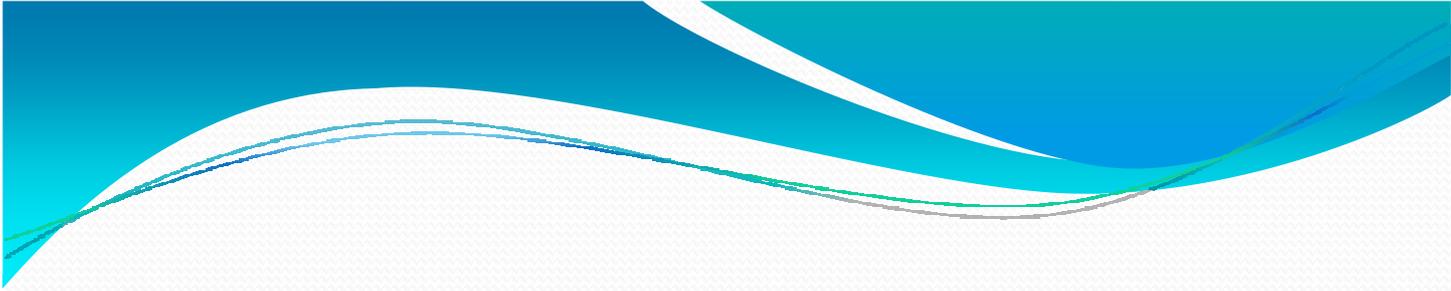
6. In the past year, have you been in contact with any family members who are contagious for TB? yes no don't know

7. In the past year, have you been in contact with any patients who are contagious for TB? yes no don't know

Do not write below this line - To be completed by CFMG

<input type="checkbox"/> History of positive PPD		<input type="checkbox"/> Skin test applied				
<input type="checkbox"/> no symptoms						
<input type="checkbox"/> symptoms, follow-up required						
Initial Skin Test	Date applied	Site	Lot #	Date read	mm induration	Pract. initials
TB	___/___/___	_____	___	___/___/___	___	___
Mumps	___/___/___	_____	___	___/___/___	___	___
Other	___/___/___	_____	___	___/___/___	___	___

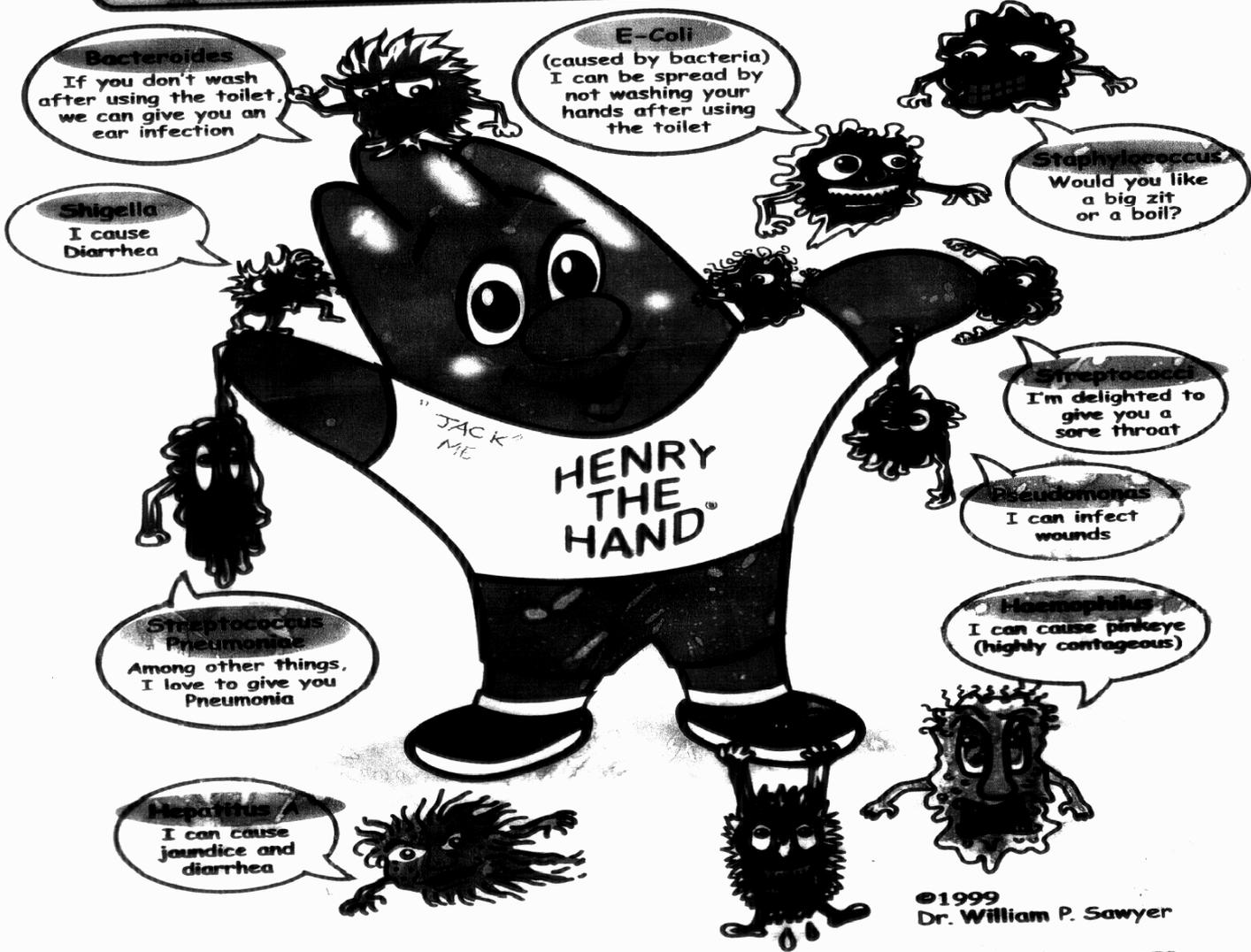
Comments: _____



感染控制

- 洗手是非常重要的，以防止感染的傳播
- 什麼是“普遍預防措施”何時使用
- 什麼個人防護裝備,可以使用訪問患者時

could be on your hands



Bacteroides
If you don't wash after using the toilet, we can give you an ear infection

E-Coli
(caused by bacteria)
I can be spread by not washing your hands after using the toilet

Staphylococcus
Would you like a big zit or a boil?

Shigella
I cause Diarrhea

Streptococcus
I'm delighted to give you a sore throat

Pseudomonas
I can infect wounds

Streptococcus Pneumoniae
Among other things, I love to give you Pneumonia

Haemophilus
I can cause pinkeye (highly contagious)

Hepatitis
I can cause jaundice and diarrhea

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Dr. William P. Sawyer

The 4 Principles of Hand Awareness have been endorsed by the AMA & AAFP
www.henrythehand.com

洗手

通過良好的洗手方法,保護你和病人

- 使用液體/抗菌肥皂
- 經常洗手
- 洗手當您到達和離開之前

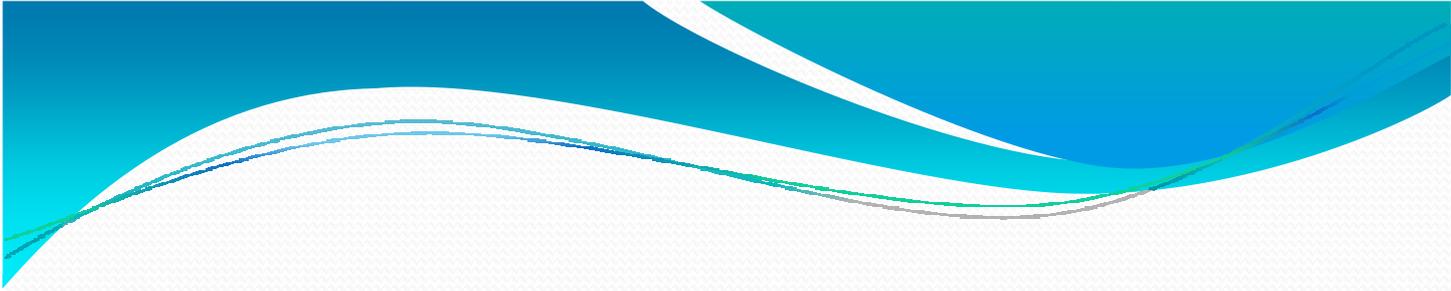
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個人防護設備(PPE)

- 個人防護設備包括：
 - 手套
罩衫或圍裙
 - 口罩或面罩
 - 保護眼睛,如眼鏡或護目

普遍預防UNIVERSAL PROCAUTIONS





一般安全

- 辯別安全搬運技巧
- 知道如何避免因滑倒及跌交造成的損傷
- 了解個人的安全

背部失調

- 影響到60-90 %的在職人士
- 化費最高的成人疾病
- 主要是因長期慢性損傷
- 風險因素包括 (RISK FACTORS) :
 - 頻繁扭轉,舉重,彎腰,達到,攜帶
 - 身體條件差,不良姿勢

REPORT INCIDENT IMMEDIATELY

