

# BLOOD SPILLAGE GUIDELINES

## 1. PURPOSE

In today's society, a blood policy exists in the majority of sports due to a number of blood borne infectious diseases which can be transmitted; the most serious of these include Hepatitis and HIV.

The potential for the spread of infection when contact is made has been widely recognised for many years. As a consequence of heightened public awareness and anxieties, increasing attention has been given to the possible risks of acquiring a blood borne disease where spillage of blood may occur.

The policy has been put in place to protect injured lifters, their competitors, Coaches and Technical Officials.

## 2. SPILL KIT

It is recommended that BWL, Event Organiser and affiliated Club who is organizing a competition or training session has a spill kit which should be used only for the purpose of dealing with blood spills.

Suggested contents of a spill kit include:

- » 1 packet of paper hand towels
- » 1 packet of disposable latex surgical gloves
- » 1 packet of medium size resealable plastic bags.
- » 1 1500ml spray bottle with 0.5% bleach and 2% detergent mixed with water (with bleach being the key ingredient).

## 3. LIFTERS

- a. It is the responsibility of all lifters to maintain strict personal hygiene by covering any cuts or abrasions with an impermeable waterproof dressing.
- b. Open cuts and abrasions occurring during a competition and/or training must be reported and treated immediately.
- c. Lifters should avoid unnecessary contact with the blood of other lifters.
- d. Any lifter with an infectious disease should discuss the potential hazards of participation with a doctor. Chronic carriers of a blood borne disease should also seek medical clearance and advice.
- e. Any lifter who has an open or bleeding wound (including blood nose), must leave the event at which they are competing until the bleeding is controlled and the wound is covered or dressed.
- f. When bleeding cannot be controlled, the lifter must not be permitted to return to the event.

#### 4. OFFICIALS / FIRST AID OFFICERS

- a) Officials / First Aid Officers must take precautions not to come into contact with body fluids, particularly blood or with soiled objects, even if the risk is low.
- b) Care must be taken to avoid blood from the wounded lifter coming into contact with skin punctures or cuts, particularly on the fingers, or reaching the eyes or membranes of the nose or mouth.
- c) When treating an injured lifter, always wear latex, disposable gloves in anticipation of body fluids, particularly blood from the nose, mouth or a wound. The gloves must be discarded after use.
- d) Thoroughly wash hands with hot water and soap before and particularly after contact with the lifter being treated, even if gloves have been worn.
- e) Wash any areas that have come into contact with body fluids.

#### 5. COMPETITION AREAS

- a) The practice of spitting must not be permitted.
- b) All equipment and surfaces contaminated by blood must be treated as potentially infectious. Equipment on surfaces should be cleaned immediately if soiling or spills occur.
- c) When blood spills on non-absorbent surfaces the blood should be removed as per 3 (d) above.
  - i. gloves must be worn;
  - ii. if the blood spill is large, confine and contain the spill;
  - iii. remove the bulk of the blood and body substance with absorbent material, paper towels;
  - iv. wipe the affected areas with disposable towels soaked in a 1:10 solution of bleach, 2% detergent, and the area then cleaned with water.
  - v. place soiled paper towels, gloves, compresses and dressings into a sealed plastic bag to be disposed of in a garbage disposal bin;
  - vi. it is acceptable to wash soiled towels or material in a normal washing process.
- d) When blood spills on non-absorbent surfaces the blood should be removed as per 3 (d) above.
- e) Any lifting equipment which has blood spills must be cleaned with disposable towel and a 1:10 solution of bleach solution.

#### 6. EDUCATION

- a) There is an obligation upon British Weight Lifting and its member bodies to provide suitable information on the risk factors and prevention strategies against the possible risk due to blood-borne infectious diseases.
- b) The safe handling of all blood spills must be brought to the attention of all lifters, coaches and officials.