



Pennsylvania State Athletic Conference

Minimum PSAC Procedures for Handling the Cleaning and Treatment of Facilities and Athletes Exposed to Blood or Bodily Fluids

Because of the on-going concern for the spread of blood-borne pathogens, it is strongly recommended that every institution be in compliance with the standard of Universal Precautions as defined by the Occupational Safety and Health Administration. The standard requires employers to establish a written exposure control plan, identifying workers with occupational exposure to blood or other infectious material. It calls for engineering controls, specific work practices, personal protective equipment, housekeeping and laundry procedures as well as providing vaccination and training opportunity. It is for this reason that minimal standards are being established for competitions in the PSAC conference.

The following recommendations on policies and procedures concerning facilities and equipment should be made available to all athletes and medical staffs who engage in athletic events in the PSAC, whether it is conference or non-conference competition:

-It shall be the responsibility of the medical staffs of each university to treat student athletes with bleeding injuries. Guidelines and precautions in the treatment of bleeding injuries and the transmission of blood-borne diseases can be found in the current NCAA Sports Medicine Handbook.

The following is a summary of information available at this time, and it shall be the responsibility of the **Host School's Medical Staff** to adhere to the following procedures and to provide the following equipment and facilities:

-Prepare and have available the appropriate disinfectant needed to deactivate blood-borne pathogens on mats and playing surfaces, as well as the appropriate surfaces in the athletic training room. This includes but is not limited to alcohol or the proper diluted solution of 5.25% sodium hypochlorite (bleach). However, it is recommended that we not use bleach solution to clean surrounding skin areas or uniforms as it may in the case of acne or other skin lesions cause cellulites, burning or respiratory problems and or destruction of uniform fabrics. Further, current information from the CDC and other research sources indicates that unless the bleach solution is mixed the day of use, and left in contact with the body fluid for 10 minutes or more, it's actual worth is in question. Where commercial solutions are concerned, they must be safe by EPA standard with an MSDS that specifies that they are at least bacterial and virucidal. This means that they will kill HIV as well as tuberculosis, which is being used as a surrogate standard until a disinfectant can be tested against the virus that causes Hepatitis B. Some examples would be but are not limited to SaniDEX wipes, Virahol, or Lysol I.C. aerosol. However, at the present time there is not a known solution that has been approved for surface cleaning and also for skin and uniforms. For these reasons we are recommending that a mixture of ½ part 70% isopropyl alcohol and ½ part hydrogen peroxide be made available for clean up of blood or body fluids. This solution still needs to be in a colored spray bottle to prevent the breakdown of the peroxide. It is also recommended that SaniDEX wipes, or an equivalent, still be carried by individual athletic trainers to clean the surrounding skin areas of bleeding and non-bleeding athletes.

We realize that like a bleach solution, what we are recommending may not in all cases deactivate a blood-borne pathogen is present. However, this solution will help accomplish our goal for a minimum standard, and it will be safe for the athlete. It will also assist in the cleaning of uniforms that are spattered but not saturated. A saturated uniform (which is defined as a spot of blood or body fluid 2" X 2" and that has soaked through the fabric) should be changed in every case.

-The host school shall, at the earliest possible time, be responsible for disposing of blood on the mat or playing surface. Towels or other items used to accomplish this shall be correctly disposed of or at least not reused until properly treated and cleaned.

-Properly labeled and designated Biohazardous Waste Receptacles shall be available at each bench as well as in the locker room for football games. For all other sports, the host institution will provide a mechanism to dispose of blood and/or bodily fluids. Visiting athletic trainers shall also have access to a sharps container as needed.

-Bleeding injuries shall be reason for halting competition for treatment. The athlete shall not return to mat or playing surface until bleeding has ceased and surrounding skin area, mat or playing surface has been cleansed of all blood residues. Furthermore, the opponents (especially wrestlers) should be examined by their respective medical staff personnel, and properly treated and cleaned if blood is found on the skin.

-Proper disinfection procedures shall be used to clean wounds, i.e. Alcohol, Betadine, Bactine, etc., and covered with a sterile dressing. Also, surrounding skin areas with blood spillage present shall be cleaned with proper solution both on bleeding and non-bleeding athletes.

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