

Important tips from the National Institute for Occupational Safety and Health (NIOSH) on how to help protect yourself from exposure to bloodborne pathogens:

- The first line of defense is the hepatitis B vaccination series
- Avoid the use of needles where safe and effective alternatives are available
- Help your department select and evaluate devices with safety features that reduce the risk of needlestick injury. Don't forget to update your Exposure Control Plan annually to comply with the Bloodborne Pathogens standard
- Avoid recapping needles. Or, use a one-handed recapping tool
- Plan for the safe handling and disposal of needles before using them
- Promptly dispose of used needles in appropriate sharps disposal containers