

# safety **lately**



A monthly newsletter from A&A Elevated Facility Solutions



## Bloodborne Pathogen

### What are bloodborne pathogens?

**A pathogen is something that causes disease.** Germs that can have a long-lasting presence in human blood and disease in humans are called blood-borne pathogens. These pathogens include, but are not limited to, hepatitis B (HBV), hepatitis C (HCV) and human immunodeficiency virus (HIV).

### In this issue:

- ▶ **Bloodborne Pathogens**  
What are bloodborne pathogens?  
What to do if you are stuck by a needle.
- ▶ **Osteoporosis**
- ▶ **Calcium and Vitamin D**
- ▶ **National Diabetes Month**



These infections can also spread if infected blood or bloody bodily fluids touch mucous membranes or an open sore or cut. Mucous membranes are the moist parts of your body, such as in your eyes, nose, and mouth.

Needlesticks and other sharps-related injuries may expose workers to bloodborne pathogens. Workers in many occupations, including first responders, housekeeping personnel in some industries, nurses and other healthcare personnel, all may be at risk for exposure to bloodborne pathogens.

## What to do if you are stuck by a needle:

If you are stuck by a needle or other sharp objects or get blood or other potentially infectious materials in your eyes, nose, mouth, or on broken skin, immediately flood the exposed area with water and clean any wound with soap and water or a skin disinfectant if available. Report this immediately to your employer and seek immediate medical attention.

### **BEST PRACTICES FOR PREVENTING SHARPS AND NEEDLESTICK INJURIES INCLUDE:**

- Implement Safe Work Practices – Have policies and procedures in place, designed to minimize risk exposure.
- Isolate hazard by using approved sharps disposal containers with injury prevention features.
- Do not pass used sharps between workers.
- Do not recap, shear, or break contaminated needles.
- Immediately dispose of contaminated needles in properly secured, puncture-resistant, closable, leak-proof, labeled sharps containers.
- Personal Protective Equipment (PPE) – PPE such as gloves etc should be used as the last control





# Osteoporosis



**Osteoporosis** is a bone disease caused by a decrease in bone mass or mineral density. It results in weaker, thinner bones that can break easily. Osteoporosis generally develops after age 50, but it can begin sooner. Aging increases one's risk for Osteoporosis because bone is broken down faster than bone formation.

**Calcium and Vitamin D** are key to building and maintaining strong bones. Calcium is the essential building block for bones. While Vitamin D aids in calcium absorption.

**CALCIUM-RICH FOODS:**

dairy products such as yogurt, milk and cheese, leafy greens, kale, broccoli, sardines, fortified juices and cereals, nuts and seeds.

**VITAMIN D-RICH FOODS:**

sardines, mackerel, salmon, egg yolks, fortified juices and cereals.



## November is National Diabetes Month

In support of National Diabetes Month, let's discuss the risk factors and warning signs/symptoms of diabetes. **Risk factors that increase one's risk for Type 2 Diabetes:** aging, family history, minority race, male gender, high blood pressure, physical inactivity and poor diet.

**Common symptoms of Type 2 Diabetes:** frequent urination, intense thirst, blurry vision, tingling or numbness in hands or feet and extreme fatigue.

**Proactive steps** you can take to reduce your risk of Type 2 Diabetes include living a healthy lifestyle. Reducing processed foods while increasing whole foods naturally will reduce your saturated fat, sodium and added sugar intake. Making time for physical activity, an evening walk after dinner is a great start! Another proactive step you can take is getting your A1C tested at your annual exam. The A1C test also known as a blood sugar test, shows the average of your blood sugar levels over the past 3 months. This is very helpful in knowing where your A1C is trending. In the prediabetic range (A1C 5.7%-6.4%) healthy lifestyle intervention is crucial and can lower your A1C out of the prediabetic range. In contrast, when your A1C is in the diabetic range (>6.5%) is not reversible and will require lifelong intervention.



### SPICED ROASTED NUTS RECIPE

- 4-cups of raw nuts (any variety you like almonds, pecans, pistachio halves, cashews, peanuts)
- 2-tablespoons maple syrup
- 1-tablespoon melted coconut oil
- ½ teaspoon salt
- 1 teaspoon chili powder
- 1 teaspoon cinnamon

Preheat oven to 350F, line a baking sheet with parchment paper. Add all ingredients to a bowl and mix till all nuts are fully coated. Bake for 15-18 minutes till golden, enjoy!

