

**Annotated Answer Key
Heartsaver®
Bloodborne Pathogens Optional Exam A**

Student Workbook page numbers below refer to the printed book and the eBook as viewed through the offline desktop/laptop reader, not the eBook as viewed through the mobile apps or ebooks.heart.org.

1. Why is knowing how bloodborne pathogens can enter the body an important part of protecting yourself and others?
- A. It helps prevent transmission and minimize risks to everyone
 - B. It helps understand cleanup procedures in case of a spill
 - C. It helps prevent a spread by having documented procedures
 - D. It helps establish patient compliance procedures

The correct answer is A. You need to know what bloodborne pathogens are, how they enter the body, and how they spread. It is important to know this to help prevent transmission and minimize risks to you and others if you are exposed to a bloodborne pathogen. [*Heartsaver Bloodborne Pathogens Student Workbook*, Introduction > What You Will Learn; page 3]

2. What is one of the main ways bloodborne pathogens can enter the body?
- A. Saliva enters the nose, mouth, or eyes
 - B. Tears come into contact with the skin
 - C. Uninfected blood touches a cut on the skin
 - D. You are stuck with a needle with blood on it

The correct answer is D. At work, the main ways that bloodborne pathogens can enter your body and make you sick include a stick with a needle or other sharp item that has infected blood on it, and infected blood or blood-containing material that enters your eye, nose, or mouth or an opening in your skin. [*Heartsaver Bloodborne Pathogens Student Workbook*, Introduction > How Do Bloodborne Pathogens Enter the Body?; page 4]

3. You have been holding pressure on a bleeding wound of a coworker for several minutes. When removing your protective gloves, you discover blood on your hand. What should you immediately do?
- A. Notify your supervisor before washing your hands
 - B. Call your physician for an immediate referral
 - C. Wash your hands with soap and large amounts of water
 - D. Use a dry towel to wipe the blood off your hands

The correct answer is C. If you are exposed to blood or blood-containing materials, immediately wash your hands, and any skin that came into contact with blood or blood-containing material, very well with soap and large amounts of water. [*Heartsaver Bloodborne Pathogens Student Workbook*, Make a PACT: Act > Dealing With Exposure; page 13]

4. Why is practicing universal precautions a necessary part of bloodborne pathogens training?
- A. Universal precautions are designed to protect the injured person from pathogens
 - B. Universal precautions can prevent the chance of blood spray
 - C. You will learn how to spread bloodborne pathogens safely
 - D. You will learn how to protect yourself and your coworkers

The correct answer is D. It is important to practice safety measures called *universal precautions*: *universal* because you should treat all blood and blood-containing materials as if they contain bloodborne pathogens, and *precautions* because these safety measures are intended to protect you and your coworkers. [Heartsaver Bloodborne Pathogens Student Workbook, Make a PACT: Protect > Universal Precautions; page 7]

5. Which type of warning label must be placed on containers that hold blood or blood-containing materials?
- A. Dangerous contaminants
 - B. Human remains tag
 - C. Biohazard symbols
 - D. Handle with care sticker

The correct answer is C. Warning labels, called *biohazard symbols*, must be placed on containers that hold or carry blood or blood-containing materials. [Heartsaver Bloodborne Pathogens Student Workbook, Make a PACT: Protect > Recognizing Symbols; page 11]

6. What is the last step in removing protective gloves?
- A. Wash the gloves of contaminants before disposal
 - B. Wash your hands so that you don't spread germs
 - C. Place the gloves into a biohazard waste bag
 - D. Dry the sweat off your hands from wearing the gloves

The correct answer is B. Wash your hands by following the steps in the "Hand Washing" section of the workbook so that you don't spread germs. [Heartsaver Bloodborne Pathogens Student Workbook, Make a PACT: Act > Removing Protective Gloves; page 14]

7. What feature do some needles or items with sharp points have to help protect you?
- A. Bend or break points
 - B. Exposure indicators
 - C. Static controls
 - D. Engineering controls

The correct answer is D. Note that some needles or items with sharp points have special engineering controls to help protect you. For example, some intravenous needles have a special mechanism that automatically covers the needle after use. [Heartsaver Bloodborne Pathogens Student Workbook, Make a PACT: Act > Disposing of Sharp Objects (Sharps); page 15]

8. What should you do if you discover that a coworker with diabetes has left a used needle and syringe on a bathroom sink?
- A. Leave it and go find the coworker
 - B. Dispose of it in a sharps container
 - C. Throw away the needle in the regular trash
 - D. Find a supervisor to counsel the coworker

The correct answer is B. Sharps are needles or other sharp items that may have come in contact with blood. These might include devices that people with diabetes may use to give themselves medicine. Anyone can be stuck by one of these sharps, including cleaning staff and coworkers. It is best to dispose of sharps in a sharps disposal container. [*Heartsaver Bloodborne Pathogens Student Workbook, Make a PACT: Act > Disposing of Sharp Objects (Sharps); page 15*]

9. What can be used to clean up a small blood spill?
- A. A disinfectant cleaner and a cloth
 - B. Soap and water; then allow to air dry
 - C. A wet towel, followed by a dry towel
 - D. Water only; then allow to air dry

The correct answer is A. Small spills can often be cleaned simply with a disinfectant cleaner and a cloth or other absorbent material. [*Heartsaver Bloodborne Pathogens Student Workbook, Make a PACT: Clean > Cleaning Up Different Sizes of Spills; page 19*]

10. What information is contained in an exposure control plan to prevent exposure to bloodborne pathogens?
- A. Regulations for employee attire
 - B. Employees' work shift schedules
 - C. Fire extinguisher location maps
 - D. Specific workplace rules and procedures

The correct answer is D. The exposure control plan is a set of rules and procedures specific to your workplace. The plan is designed to protect you and your coworkers from being exposed to bloodborne pathogens and to care for workers who have been exposed to bloodborne pathogens. [*Heartsaver Bloodborne Pathogens Student Workbook, Overview > Two Parts to This Training; page 1*]