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| PNG BOP Header **Job Aid** |
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| **Post-exposure Prophylaxis**  |

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| **Preventing workplace exposures to blood and body substances*** Always wear eye protection when working at the bench (wrap around glasses – if necessary that are worn over your existing glasses)
* Always wear closed toe shoes- no thongs or sandles!
* Wear a laboratory gown when working at the bench or other areas of the lab- remove before entering tea room!
* Wear gloves when handling primary samples
* Wash hands or use alcohol hand rub frequently, especially before leaving the lab and before tea / lunch breaks
* Adopt safe sharps practice

***If an exposure (e.g. contaminated needle stick, scratch or eye splash) occurs to you, take these immediate actions:***1. Wash the affected part of your body with soap and water for 3- 5 minutes or irrigate your eye if affected for 3-5 minutes, using one of the two eye wash stations
2. Report to your supervisor/lab. manager and write out a safety incident sheet – Albert Keu & Lab Manager have spare copies
3. In the event of exposure to patient blood to the eye or via a needle stick accident, then seek advice from the Staff Health Doctor (during working hours) or ED (after hours). You may require post-exposure prophylaxis to prevent HIV infection – this involves taking a tablet once per day for 28 days- few side effects and very effective.
4. If you have never been vaccinated against Hepatitis B, then arrange to get a first dose as soon as possible (next working day) from ED.
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