Bloodborne Pathogens is this month’s training topic.

Bloodborne pathogens are infectious microorganisms in human blood that can cause disease in humans. To reduce or eliminate hazards of occupational exposure from bloodborne pathogens each lab should develop an exposure control plan providing details on protection measures. The plan should also describe how engineering and work practice controls, personal protective clothing and equipment, employee training, medical surveillance, hepatitis B vaccinations, and other provisions as required by OSHA’s Bloodborne Pathogens Standard (29 CFR 1910.1030).

UW-Madison has developed a training specifically for researchers working with potentially infectious human materials and meets the requirements for annual training in the Bloodborne Pathogens Program. This course relates the OSHA Bloodborne Pathogens Standard in biological research settings for those working with human blood, cells, tissue, and other potentially infectious material. This course is both the initial bloodborne pathogen training and the annual refresher.

If you have exposure to potentially infectious materials in a lab, utilize this link to register for the online course: https://canvas.wisc.edu/enroll/GE7D3T.

During the winter months, it is important to make sure you are prepared for the elements whether you are going about your daily routine or simply enjoying winter outdoor activities. UW-Madison Environmental, Health, & Safety (EHS) has assembled a collection of “Winter Weather Safety” information including:

- Tips from National Safety Council
- Walk like a penguin video
- Winter snow removal safety
- Winter recreation safety
- Winter driving safety
- Pet & animal safety

10 Ways to Beat the Winter Blues

1. Play your favorite music
2. Plan a spring time staycation
3. Visit a friend
4. Read some inspirations books
5. Re-decorate for mid-winter
6. Make a blend for your diffuser
7. Pull out that craft project. Get inspired and put those dark evenings to good use.
8. Join a club
9. Book yourself into a hotel for a nights stay.
10. Re-kindled date night

Please take a few moments to familiarize yourself with the information and resources found at https://safety.cals.wisc.edu/