For re-usable equipment:
• Spray the bleach solution on the affected equipment (pull-up bars, barbells, etc.), and use paper towels to clean the spill.
• It may be necessary to use a scrub brush on equipment with knurling.
• Use fresh water to remove bleach residue from reusable equipment after it has air-dried.

For floor spills:
• Use paper towels to cover the spill.
• Spray the bleach solution on the covered spill area, moving from the outside edges of the spill inward. Use additional paper towels to wipe up the bleached material.
• It may be necessary to use a scrub brush on a hard surface like concrete.
• For a carpet or similar surface, an outside vendor may be needed.
• After this initial spill clean up, re-spray the affected area with 10 percent bleach solution and let it air dry.

In the event an individual believes they were exposed to the spilled blood or other bodily fluids (e.g., via a skin wound, or splash to the eyes), follow these procedures:
• Skin: Vigorously wash affected skin with plenty of soap and water and remove contaminated clothing and shoes.
• Eyes: Wash eyes for at least 10 minutes with copious amounts of water, lifting the upper and lower eyelids occasionally.

Key Components of a Blood Spill Kit
1. Household bleach
2. Spray bottle with clear markings to be able to quickly mix, 1 part household bleach with 9 parts clean water
3. Disposable gloves (e.g., rubber, latex, PVC)
4. Sealable plastic bags (commercial garbage bags may be used)
5. Disinfectant wipes
6. Paper towels
7. Disposable scrub brushes

Priority should be given to cleaning up the blood spill when it happens. If there is a spill during class or competition, the equipment and area need to be thoroughly cleaned as soon as possible and before any continuation of the next heat, event, etc.

In the event of a small blood spill (or other bodily fluids), follow this procedure:
• Prior to beginning any clean-up, put on a pair of gloves from the kit.
• Make a fresh mix of 1 part household bleach and 9 parts clean water in a spray bottle.
• Place any bleached material, gloves and other disposable materials into a sealable plastic bag, and properly dispose in a sealed container.
• Wash your hands after assisting in any blood spill clean up. Disinfectant wipes may be used until you have access to hand-washing facilities.

Notes
1. For locations with a municipal water supply, this will be the most likely appropriate water source.
2. Once diluted, the bleach solution begins to lose potency, so use a fresh dilution.
3. Bleach solutions are corrosive; clean bleach from all metal surfaces after it has dried.
4. Other appropriate disinfectants exist and may be used in accordance with manufacturer's instructions. Visit the Environmental Protection Agency website www.epa.gov for a list of approved products.
5. Check all locally applicable regulations.