

# BLOOD SPILL CLEAN-UP PROCEDURE

## 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](http://www.epa.gov) for a list of approved products.
5. Check all locally applicable regulations.

## 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 re-usable 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.