

# VOMIT: Cleaning Up the Cookies

How to properly handle a sticky situation

**O**ur employees come into contact with different types of bodily fluids on a daily basis. Whether that's blood on the ice from a spirited hockey game, tissue from all the figure skaters blowing their noses or vomit in the players' benches from the midget player that pushed himself too hard at practice.

Although OSHA does not necessarily consider vomit a toxic and hazardous material for blood-borne pathogens, it should be handled in the same way as blood and other bodily fluids. Vomit falls in the category of

“Other Potentially Infectious Materials” (OPIM) because it is difficult to differentiate between bodily fluids or know if blood is in the vomit. Personal protective equipment (PPE) such as single-use gloves and eyewear should be used every time with no exceptions. This minimizes employee risk of exposure to potential contamination.

Whether the vomit is on the ice or in the players' box, the entire area should be sprayed with a bleach and water mixture. The Center for Disease Control recommends ¼ cup of liquid chlorine bleach to 1 gallon of water. STAR

recommends using a mixture of 1½ cups of liquid chlorine bleach to 1 gallon of water.

If vomit is on the ice and after the entire area has been sprayed with the water and bleach mixture, use a hand scraper to scrape up all the vomit, just like for blood or a paint spill during an ice install. Then sweep up the shavings using a plastic putty knife and plastic dustpan.

If the vomit is off the ice, like players' boxes, lobby or locker rooms, the area should be thoroughly sprayed with the bleach and water mixture and cleaned up with paper towels or other types of disposable absorbent material. Refer to your health department for rules on how to properly dispose of ice shavings or paper towels.

All tools used for cleanup should then be thoroughly disinfected using the same bleach and water mixture and allowed to be air-dried. Gloves should then be removed so bare skin does not touch the outsides of the gloves. Dispose the gloves in accordance to your health code rule. Hands should then be washed thoroughly using soap and warm water. ⚡

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## Removing Disposable Gloves

Courtesy of the American Red Cross



**1. PINCH GLOVE:** Pinch the palm side of one glove near your wrist. Carefully pull the glove off so that it is inside out.



**2. SLIP TWO FINGERS UNDER GLOVE:** Hold the glove in the palm of your gloved hand. Slip two fingers under the glove at the wrist of the remaining gloved hand.



**3. PULL GLOVE OFF:** Pull the glove until it comes off, inside out. The first glove should end up inside the glove you just removed.

### 4. DISPOSE OF GLOVES AND WASH HANDS:

After removing the gloves:

- Dispose of gloves and other personal protective equipment (PPE) in a proper biohazard container.
- Wash your hands thoroughly with soap and running water, if available. Otherwise, rub hands thoroughly with an alcohol-based hand sanitizer if hands are not visibly soiled.