

Job site: _____
 Foreman: _____

Date: _____
 G.C. _____

SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3 style="margin: 0;">Hepatitis B and Hepatitis C</h3> <ul style="list-style-type: none"> • Although rarely contracted in a typical work environment, hepatitis B is a serious disease caused by a virus that attacks the liver. It is transmitted through sexual contact with infected persons or direct contact with blood or body fluid of infected person. Hepatitis B may cause cirrhosis, liver failure, and liver cancer. • Symptoms of hepatitis B include jaundice, abdominal pain, nausea, fatigue, loss of appetite, and joint pain, but 30% of people infected with hepatitis B virus have no obvious signs or symptoms. • Like hepatitis B, hepatitis C is transmitted through contact with the blood of an infected person. Most people with hepatitis C have some liver damage, but many do not feel sick from the disease. Some people with hepatitis C may develop cirrhosis of the liver and liver failure, while others have no long-term effects. Symptoms of hepatitis C are similar to the symptoms of hepatitis B, but 80% of people infected have no signs or symptoms. • To protect yourself from hepatitis diseases: <ul style="list-style-type: none"> ○ Get a hepatitis B vaccine if you work in a high exposure area. There is currently no vaccine for hepatitis C. ○ If you are pregnant, you should get a blood test for hepatitis B and C. Infants born to HBV-infected mothers should be given hepatitis B immune globulin and vaccine within 12 hours after birth. ○ Do not use intravenous drugs, and never share drugs, needles, syringes, or water. ○ If you decide to get tattoos or piercings, be sure the establishment you go to practices safe health measures and correctly cleans and disinfects all tools and equipment before and after each use. 	<h3 style="margin: 0;">Instructor Tips</h3> <ul style="list-style-type: none"> • Emphasize to workers that if they have not received a hepatitis vaccine, they should do so as soon as possible.
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Reference: OSHA 29 CFR 1910.1030