

Health and Safety Requirements For EXSC 341, 342, 481, 482, 499

All Health and Safety requirements must be completed **before** EXSC 341, 342, 481, 482, or 499 can be approved and holds can be released for these courses.

All requirements ***MUST*** be turned in at the same time in a packet, along with a completed Undergraduate Health and Safety Form (see below).

Please put requirements in the following order for easy processing:

1. Hepatitis B (8 x 11 ½ page with both sides of card copied)
2. PPD (Tuberculosis) (8 x 11 ½ page with both sides of card copied)
3. First Aid (8 x 11 ½ size copy with both sides of card copied)
4. CPR (Adult) (8 x 11 ½ size copy with both sides of card copied)
5. Bloodborne Pathogens Training (online certificate)

This packet needs to be turned in during the semester prior to the actual semester you plan to take one of the courses listed above. Preference will be given to those students who complete the Health & Safety requirements in a timely manner.

Health Fitness, Motor Development and Scientific Foundations ***MUST*** be turned in to Dr Ray Thompson.

KEEP THE ORIGINALS of your medical records and just turn in copies to the department. Make sure to ***KEEP COPIES OF EVERYTHING***. You may need them later.

PPD and Bloodborne Pathogens Training are valid for 1 year from test dates and must be current through the end of the semester you're registering. CPR certifications may be valid for 1 or 2 years, while First Aid certifications may be valid for 2 or 3 year from test date. Hep B has no expiration date in relation to taking these courses.

***Please Make Things Easy for YOU
Turn Everything in on Time!!!!***

Health and Safety Requirements Description

Hepatitis B Vaccination

All undergraduate students enrolled in EXSC 341, 342, 481, 482, and 499 must be immunized against Hepatitis B in fulfillment of the OSHA requirement that all persons at risk of exposure to bloodborne pathogens should be protected against such risk. This is typically given as a three-dose series consisting of an initial dose, followed by a second and third dose at one and six months later. The vaccine is usually offered by local Health Departments and doctors' offices, and is also offered at the Thomson Student Health Center at the University of South Carolina. The cost at our health center is approximately \$33 per dose, but may vary with other facilities. If you would like to schedule an appointment at the Thomson Student Health Center to obtain a vaccination, please call (803) 777-3568. *At a minimum, you must have your first dose of the vaccination completed by the end of the advisement period or you will not be allowed to register for any of the courses listed above. Use the form available in the exercise science office.*

Tuberculosis Screening

All Dept. of Exercise Science undergraduate students enrolled in EXSC 341, 342, 481, 482, and 499 must have annual tuberculosis (TB) screening results on file with the Health and Safety Officer. This skin test, which screens for tuberculosis, typically requires an initial test, followed by a return visit to check the results approximately three days later. Again, this test is usually offered by local health departments, doctors' offices, and at the Thomson Student Health Center here at USC. If you would like to make an appointment for a TB screening test at USC, please call (803) 777-3568. The cost is approximately \$13 at USC, but varies among facilities. *You must have this requirement completed by the end of the advisement period or you will not be allowed to register for any of the courses listed above. Use the form available in the exercise science office.* A TB test is good for only one year. You will need to renew your TB screening each year on your own and provide documentation.

First Aid Certification

All Dept. of Exercise Science undergraduate students enrolled in EXSC 341, 342, 481, 482, and 499 must complete a First Aid certification course (ex: American Red Cross). *You must provide a copy of the front and back of your certification card to the department Health and Safety Officer no later than the end of the advisement period or you will not be allowed to register for any of the courses listed above.* **Starting January 1, 2012 only American Red Cross and American Heart Association certifications will be accepted.**

CPR Certification

All Dept. of Exercise Science undergraduate students enrolled in EXSC 341, 342, 481, 482, and 499 must maintain a current CPR certification (American Red Cross or American Heart Association certifications are acceptable). *You must provide a copy of the front and back of your certification card to the department Health and Safety Officer no later than the end of the advisement period or you will not be allowed to register for any of the courses listed above.* You are responsible for maintaining a current CPR certification on file each year you plan to be enrolled. **Starting January 1, 2012 only American Red Cross and American Heart Association certifications will be accepted.**

Health and Safety Requirements Description, cont.

Bloodborne Pathogens Training Course

All Dept. of Exercise Science undergraduate students enrolled in EXSC 341, 342, 481, 482, and 499 are required to take an annual training course on bloodborne pathogens. This course reviews safe handling practices for working with blood, blood products, or other potentially infectious materials. The University of South Carolina Health and Safety Unit offers an on-line course you can access via the internet that allows you to review the material and take a short test at the end of the tutorial. The on-line course takes approximately 45 minutes. Instructions for accessing the on-line courses are shown below. *You should print the results of your test, with your name and social security number and turn this in to the Dept. Safety Manager no later than the end of the advisement period or you will not be allowed to register for any of the courses listed above.*

Please note, you are responsible for fulfilling and maintaining these requirements each year you are an undergraduate students enrolled in EXSC 341, 342, 481, 482, and 499. Please return the completed immunization form along with copies of your Hepatitis B immunization, PPD Skin Test results, First Aid certification, CPR certification, and bloodborne pathogens training to:

For all Exercise Science undergraduates (Health Fitness, Scientific Foundations and Motor Development tracks):

Ray Thompson, PhD
Clinical Assistant Professor
Exercise Science Department
Public Health Research Center
921 Assembly St., Room 317C
Columbia, SC 29208
803-777-0280
rwthomps@mailbox.sc.edu

Instructions for Accessing the On-line Training Courses

Additional Instructions:

Bloodborne Pathogens Course

- http://ehs.sc.edu/modules/BBP/bbp_intro.htm
- Read through the tutorial on bloodborne pathogens
- When finished, take the short test (10 questions)
- Fill in your name and social security number
- When finished with the test, *print* either the entire test or just the certificate of completion at the end
 - This will be used as your documentation and should be turned in with the other requirements
- PRINT 2 COPIES AND KEEP ONE COPY FOR YOUR RECORDS
- This course takes about 30-45 minutes

Turn in the documentation along with any other health and safety requirements to:

For all Exercise Science undergraduates (Health Fitness, Scientific Foundations and Motor Development tracks):

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