

HYGIENE FOR STAFF

This practice guide deals with bodily cleanliness and skin care, areas that many will consider to be very obvious and simple. However, research shows that large numbers of people fail to wash their hands after using the toilet even though this should be a universally established practice.

In view of the frailty and physical vulnerability of many of our clients, this guide is intended to be explicit about the standards that we expect all staff to adopt.

Why Take Precautions?

The control of infection is a responsibility of all who work in health and social care, but care and support workers stand in the front line through their regular 'hands-on' contact.

Under the Health and Safety at Work Act, all staff have a legal duty to carry out their work safely and to make 'proper use' of the control measures put in place by employers.

All human contact offers an opportunity to pass on germs, which we all carry around on clothes, skin, in our noses, and in bodily fluids.

Healthy bodies with intact skin can usually defend itself against many germs most of the time, but we all become more susceptible to germs if we have a wound. This is especially true for many clients who may have a lowered immune system, or perhaps entry points for the germs such as wounds, or catheter sites.

It is therefore important that everyone takes precautions to protect clients and colleagues from cross infections.

Personal Care

One easy way to prevent cross-infection when providing care is to prepare in advance. Workers should:

- Cover any cuts or lesions on the hands with waterproof dressings
- Wash hands before and after providing personal care
- Wear gloves and disposable apron
- NEVER move onto another task with the same pair of gloves or apron
- Always remove the gloves and apron worn for personal care before entering a kitchen.

Washing hands is the most important method of preventing cross infection, removing and destroying a large amount of bacteria living on the skin. *The technique is more important than the type of soap used!*

You should wash your hands, EVEN WHEN GLOVES HAVE BEEN WORN:

- Before and after helping someone to wash and dress
- Before and after preparing any food
- Before and after using gloves, when in contact with bodily fluids (e.g. emptying commodes)
- After using or cleaning the toilet
- After helping others to use the toilet
- After accidentally splashing with bodily fluid, or toxic substances
- After washing genitalia or dealing with incontinence
- When hands FEEL or look dirty

Effective washing of hands, following the standard industry method is recognised as the best way to protect everybody you come into contact with, particularly the elderly and the young. It is **your** responsibility to follow procedures to protect yourself and those around you.

Candlelight Homecare Services Limited

General Enquiries: 08458 123678

Email: care@candlelightcare.co.uk

Website: www.candlelightcare.co.uk

Head Office
Candlelight House,
King Street,
Glastonbury
Somerset BA6 9JY
Tel: 01458 831201
Fax: 01458 834563

1st Floor Court Hall,
Castle Street,
Trowbridge
Wiltshire BA14 8AR
Tel: 01225 776000
Fax: 01225 719846

56a High Street,
Heathfield,
East Sussex TN21 8JB
Tel: 01435 868248
Fax: 01435 860606

Clearbrook House,
Bristol Road,
Sherborne
Dorset DT9 4EF
Tel: 01935 817800
Fax: 01935 817688

Candlelight24 Live-In Care

1st Floor Court Hall,
Castle Street,
Trowbridge
Wiltshire BA14 8AR
Tel: 01225 719850
Fax: 01225 719846

Candlelight Homecare Services
Making Life Easier

Candlelight Good Practice Guide to: **Staff Hygiene**

