

Uniform in the Care Home

Staff should follow the appropriate dress code including uniform which is appropriate to the duties being undertaken, including the use of personal protective equipment.

All uniform must be clean, ironed and presentable and staff should have access to a spare uniform in case of accidental contamination by blood, body fluids or any other noxious/ toxic substance.



FOOTWEAR

- Shoes must be suitable for the work task
- Ideally should be leather/leather type with a rubber non-slip sole and low heel
- A full shoe that gives adequate support to prevent damage to toes should be worn
- Backless and/or open toe shoes or sandals and mules should not be worn as could be a hazard (Manual Handling Operations Regulations, 1992).

'Bare below the Elbow' principles should also be applied when in uniform

- No watches, wrist jewellery or stoned rings.
- No nail extensions or nail varnish.
- Cover cuts and abrasions with water proof plasters.
- Sleeves should be short, or rolled up during clinical work.

Infection Outbreaks- Staff should change out of their uniform on site before leaving the premises to minimise transmission of infection.

Hair – Should be short or tied back
Jewellery – No chains around the neck. Only small stud ear rings should be worn.



Uniforms should be washed separately from any other items in a washing machine at the hottest temperature suitable for the fabric. A wash for ten minutes at 60°C removes/destroys most micro-organisms (DH 2007).

- Staff must presume some degree of contamination following a shift, even on uniform or clothing which is not visibly soiled. **Uniforms should be washed daily.**
- Preferably staff should change out of their uniform before they go home where practicably possible. If unable to do so, uniforms should be covered up outside of the work environment.