

REMEMBER HAND HYGIENE. ARE YOU READY?

Before sanitising your hands when you are providing care...

Remove nail polish

It can harbour micro-organisms

Do not wear artificial nails

They have been linked
to fungal infections

Remove rings

They may tear gloves and
harbour micro-organisms. One
plain gold band is acceptable

Keep nails short

They are easier to clean and
less likely to tear gloves.
Tips less than 0.5cm

Pay attention to washing under the nails

The majority of micro-organisms
are found here

Wash under your rings

Guidance permits a
simple plain band

Do not use nailbrushes

They can spread microbes
and lead to abrasions:
a potential site for infection

Remove wrist jewellery

Remove all wrist jewellery
including watches, bangles/
bracelets and fitbands

Bare below the elbow

This supports effective hand
washing and avoids sleeves/ cuffs
becoming a potential site
for infection



RESIST