

“Bare Below the Elbows” guidance

- Wearing short sleeved clothing or rolling sleeves up to the elbows.
- Removing wrist and hand jewellery. Rings with jewels, stones, ridges or grooves should not be worn as these may harbour bacteria and also impede hand hygiene. A plain band ring may be worn, but ensure the area under the ring is included when hands are washed or alcohol hand-rub applied.
- Dermal piercings on the arm or wrist should be removed.
- Keeping nails clean and short (fingertip length), as long finger nails will allow build-up of debris and bacteria under the nails and impede effective hand washing and disinfection.
- Keeping nails free from applications, e.g., nail polish or gels, as flakes of polish/gel may contaminate a wound and broken edges of polish/gel can harbour bacteria and debris.
- Keeping nails free from acrylics/artificial finger nails as these may harbour micro-organisms, become chipped or detached.

This is part of the Hand Hygiene Policy, included with this pack.