

# Infection prevention advice for contractors working at Leicester's Hospitals

## Infection Prevention

Information for Contractors

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## Introduction

We take infection prevention very seriously at Leicester's Hospitals (UHL), and it is a priority to keep all areas safe for patients at all times. We expect all staff who work within our hospitals to do the same and follow basic principles to reduce the risk of infection, control incidents and contribute to the effective management of infection prevention.

This leaflet tells you the basic level of infection prevention practices you will be expected to follow whilst working in our hospitals.

## Hand hygiene

You must **always** clean your hands:

- before entering or leaving any ward or department.
- after using the toilet.
- if you are working in an area where isolation precautions (yellow source isolation notice or orange enhanced isolation notice) are in place.
- before and after contact with patient equipment.
- before handling food.
- before and after smoking.
- after coughing or sneezing into your hand.
- after taking your gloves off.

This is not a complete list and there may be other times when you should clean your hands. Follow the technique shown on page 2 and 3.

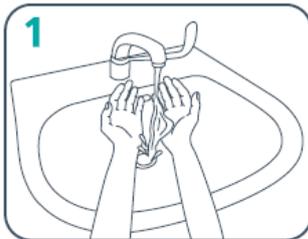
**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

# How to wash hands?

WITH SOAP AND WATER

 40-60 secs



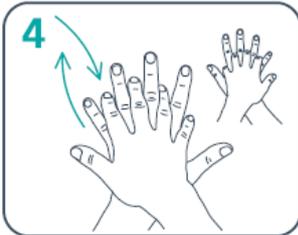
1 Wet hands with water



2 Apply one shot of soap



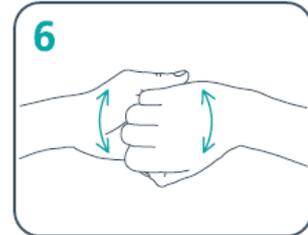
3 Rub hands palm to palm



4 Rub back of each hand with the palm of other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub backs of fingers to opposing palms with fingers interlocked



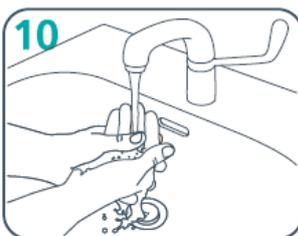
7 Rub each thumb clasped in opposite hand using rotational movement



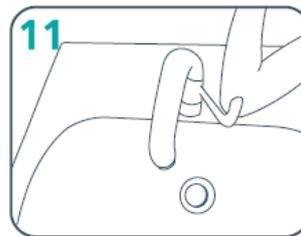
8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with a single-use towel

# How to sanitise hands?

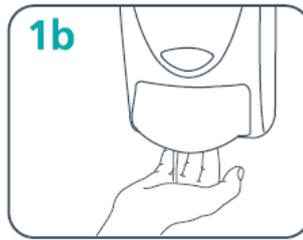
WITH ALCOHOL SANITISER



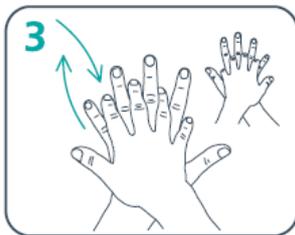
20-30 secs



Apply one shot of the product in a cupped hand



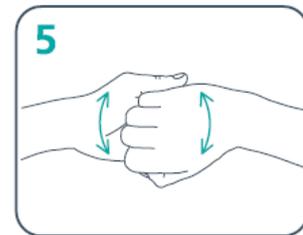
Rub hands palm to palm



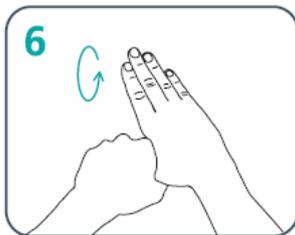
Rub back of each hand with the palm of other hand with fingers interlaced



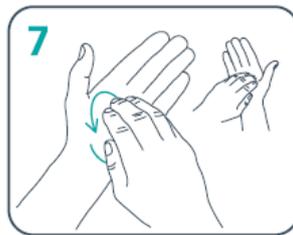
Rub palm to palm with fingers interlaced



Rub backs of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using rotational movement



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand

## When must I use soap and water or hand sanitiser?

Hands must always be washed with soap (**blue** wall mounted container) and water when:

- your hands look dirty.
- you have been to the toilet.
- you have worked in an area where 'isolation precautions' are in place.

Hand sanitiser (**red** wall mounted or free standing container) can be used:

- if your hands look clean.
- after you have taken your gloves off.

## Restricted movement in clinical areas

Sometimes we may need to restrict the movements of staff, visitors and patients, due to a risk of infection. If you see a red sign at the entrance to a clinical area with '**stop, access to this ward is restricted**', do not enter without the agreement of the area manager. It is there for your protection.

## About you

**If you are feeling unwell:** If you are working in a hospital and you are feeling unwell you should not come to work until you are feeling better. If you have diarrhoea or are being sick (vomiting), please do not return to work until at least 48 hours has passed since your last episode of diarrhoea or vomiting.

**If you are injured at work:** If you are injured by medical equipment (e.g. a sharps injury) during the course of your work, it is very important that you immediately:

- squeeze the area to encourage bleeding while washing it under running water.
- report the injury to the manager responsible for the area where you got the injury, and also report this to your line manager.
- contact your occupational health department and inform them of the injury.
- report the incident to the UHL project manager and retain the item in a safe manner.

**Your equipment:** Any equipment that has been used in a clinical area should be cleaned after use and before leaving the area. Use either chlor clean or Clinell® universal wipes available from the department. Alternatively, speak to the project manager.

## Contact details

If you have any questions or concerns about infection prevention in our hospitals, you can contact the Infection Prevention Team on 0116 258 5448.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)