



UNIFORMS

KEY POINTS

Dress:

- Keep sleeves rolled above the wrist
- Do not wear a wrist watch or any jewellery

Gloves:

- Use non-sterile gloves to protect yourself
- Use sterile gloves to protect the patient (aseptic procedures)
- Scrub properly before performing aseptic procedures

Aprons:

- Use aprons to protect your clothes

INTRODUCTION

As professionals working in a clinical environment, it is the responsibility of each staff member to ensure that his/her uniform is worn according to hospital policy and is neat. Wear a clean uniform every day.

- Dress according to the hospital policy (short sleeves only)
- A name badge must be worn by all staff
- Jewellery - only the following may be worn:
 - Ring - single metal band
 - Earrings - small studs only
 - Fobwatch
 - Necklaces: simple chains only if kept tucked inside uniform, useful for keeping rings
- Do not wear a wristwatch, wrist bracelets or dress rings
- Hair should be kept neat and tidy. Long hair must be tied back
- Fingernails should be kept short. No nail varnish. False nails must not be worn owing to danger of detaching, and difficulty in cleaning hands
- **Note:** There is a separate policy for theatre dress

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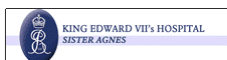
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Publication Date: April 2007

Page 1 of 3

Review Date: April 2009



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PROTECTIVE CLOTHING - PLASTIC APRONS

The general use of plastic aprons for protection of clothing is increasing due to lack of an integral apron in the nurses' uniform, and the introduction of a non-uniform policy in certain areas.

Plastic aprons should not be worn for general duties.

To ensure that aprons are used correctly a system of colour-coded aprons has been introduced (in most organisations).

Where available, **yellow** plastic aprons should be worn for nursing patients in source isolation and should come into contact with only one patient. Refer to Isolation Policy in Infection Control Manual. **Yellow** aprons should not be used for other purposes.

White plastic aprons may be worn to protect the carers' clothing from moisture or soiling. Aprons used for these purposes need not be discarded after contact with each patient unless visibly contaminated.

DISPOSAL

Aprons used for source isolation, or that have been contaminated with blood or body fluids, should be discarded immediately into a **yellow** clinical waste bag.

Aprons used for other purposes should be discarded into a **black** bag for domestic waste.

BEFORE LEAVING A CLINICAL AREA

Aprons must be removed and discarded appropriately. Hands should then be washed and dried or decontaminated with alcohol gel.

In some units (eg some ICU's), all staff may be asked to wear aprons but they should be changed when attending to another patient.

FACE PROTECTION

Goggles and visors must be worn to prevent splashing of body fluids into the eye when performing risky procedures.

MASKS

Surgical masks do not protect against aerosol inhalation but may protect against splashes in surgery. See detailed protocol on dust-mist masks.

REFERENCES

[RCN \(2005\) Wipe it out RCN campaign on MRSA 2005](#)

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		Review Date: April 2009	
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NON-UNIFORM POLICY

KEY POINTS

Dress neatly
 Short sleeves or sleeves rolled up
 No wristwatches
 Wear a badge to identify yourself

INTRODUCTION

In certain clinical areas it has been decided that it is not necessary for clinical staff to wear a uniform. However, as professionals working in a clinical environment, it is the responsibility of each individual to ensure that the clothing they wear to work is appropriate.

The following guidelines have been provided in order to ensure that clothing worn in clinical areas is acceptable to both nursing staff and patients.

NAME BADGES SHOWING POSITION MUST BE WORN AT ALL TIMES

Hair: Should be kept neat and tidy.

Long hair must be tied back.

Jewellery: Only the following may be worn:

Rings	-	one single metal band
Earrings	-	small studs only
Necklaces	-	simple gold chain only if kept tucked inside clothing

DO NOT WEAR A WRIST-WATCH OR DRESS RINGS

Upper body: Short sleeved tops or sleeves neatly folded above the elbow.

Protective clothing: Must be worn in accordance with the Protective Clothing Policy (see Uniform Policy)

Comments:

1. As you are no longer wearing a uniform you must be aware of the need to welcome any visitor to the ward, stating your name and position (it is very important to wear a visible name badge)
2. Personal clothing should be laundered regularly and according to manufacturers' instructions ensuring a neat and tidy appearance
3. Always remember - BE PROFESSIONAL
4. Staff must not exploit the freedom inferred by this policy (they must be open to comment and willing to modify their dress if asked)

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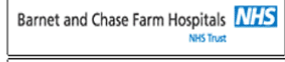
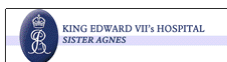
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Page 3 of 3

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