



Sterile procedures

Sterile procedures are required before and during specific client care activities to maintain an area free from microorganisms and to prevent infection.

Handwashing is the most important step in preventing the spread of infections. Hand sanitizer should be used frequently.

Hands should be free from rings, watches, and bracelets. If jewellery is worn it must be small, flat and easily cleaned.

Nails should be free from any nail enhancements, artificial extenders, acrylics, wraps, and tips. Nail polish must be free from chips or cracks. Research shows that the amount of bacteria is nine times higher on rings and on the skin beneath the fingernails.

All skin on the forearm and hands (including cuticles) should be free from open lesions and breaks in skin integrity.

Long hair should be worn in such a way as to not interfere with client treatment, pose an infection control risk or obscure vision.

Suitable attire should be worn: Tops should be short sleeved or sleeves must be able to be rolled up. Tops and sleeves must not be large and loose so as to not present an infection control issue. Tops may include vests and light weight cardigans over a shirt.

Footwear - Shoes must offer stability, traction and support for safe patient handling. Closed toed shoes must be worn.