

Care task	Gloves	Apron	Mask	Eye protection
Talking to or supporting a person with no contact with body fluids	✗ No	✗ No	Risk assessment only	✗ No
Assisting with washing, bathing or showering	✓ Yes	✓ Yes	If splashing risk	If splashing risk
Dressing and personal hygiene	✓ If contact with body fluids/non-intact skin likely	✓ If clothing may become contaminated	If splashing risk	If splashing risk
Toileting, continence care, pad changes	✓ Yes	✓ Yes	If splashing risk	If splashing risk
Emptying catheter bags or commodes	✓ Yes	✓ Yes	If splashing risk	If splashing risk
Wound care or dressing changes	✓ Yes	✓ Yes	If splashing risk	If splashing risk
Administering oral medication (tablets)	✓ Yes – as per RAH Infection Control policy	✓ Yes – as per RAH Infection Control policy	✗ No	✗ No
Applying creams or topical medication	✓ If contact with body fluids or non-intact skin; otherwise follow local policy	If contamination likely	Usually no	Only if splashing risk
Handling soiled laundry	✓ Yes	✓ Yes	If splashing risk	If splashing risk
Cleaning blood or body fluid spillages	✓ Yes	✓ Yes (or gown if heavy contamination)	Type IIR mask if splash risk	✓ Yes if splash risk
Food preparation or serving meals	✓ Yes – as per RAH Food Safety policy	✓ Yes – as per RAH Food Safety policy	✗ No	✗ No
General housekeeping/cleaning	Risk assessment	Risk assessment	Risk assessment	Risk assessment

Key NICE recommendations

NICE states that carers should:

- Perform hand hygiene before and after every episode of care.
- Wear **gloves** whenever there is a risk of contact with blood, body fluids, mucous membranes, non-intact skin or contaminated equipment.
- Wear a **disposable plastic apron** if clothing could be contaminated.
- Wear a **fluid-repellent gown** instead of an apron if extensive splashing is likely.
- Wear a **face mask and eye protection** whenever there is a risk of blood or body fluids splashing into the face or eyes.
- Use gloves and aprons as **single-use items**, changing them between people and between different care activities if contaminated.

Important reminders

- PPE should **never replace hand hygiene**.
- Gloves are **not** needed for routine social contact
- Aprons and gloves should be changed between service users and between dirty and clean tasks.
- Correct 'donning and doffing' of PPE as learnt in induction training must be done at all times.
- Additional PPE (such as Type IIR masks or respirators) may be required if someone has a known or suspected infectious disease, following current infection control guidance and local risk assessment.
- PPE is to be disposed of in Clinical Waste Bags if present at client's property. Please tie the bag up once it is three-quarters full.
- If there are no clinical waste bags, PPE is to be placed in a nappy sack and disposed of in black bin bag, either in the kitchen or in the outside bin, depending on client's preference.
- Carers have their own supplies of PPE and are able to collect additional PPE from the office from 0700 – 1700hrs. Out of hours can be contacted for further supplies if necessary.