

Bare below the elbows

Why does it matter?

Infection Prevention and Control

The wearing of hand/wrist jewellery increases the bacterial load on hands and impedes effective hand decontamination.

Manual Handling

For manual handling there is real potential for skin tears resulting in damage.

Food Hygiene

Food handlers **must** adhere to the bare elbows (BBE) principle.

Human Resources

All employees are working in a direct/face-to-face clinical role (regardless of whether they wear uniform or not **must** apply the BBE principles when providing direct care to patients or touching the immediate patient

Prevention and Management of Violence (PMVA) and aggression

We advise people regarding long nails on the PMVA training course and how this can affect/scratch a patient during physical interventions/clinical holding.

Health & Safety

Workers have a duty to take care of their own health and safety and that of others who may be affected by your actions at work.