



**Birmingham
Community Healthcare**
NHS Foundation Trust

World Hand Hygiene Day



**World Health
Organization**



*Best Care
Healthy Communities*

OFFICIAL

Background

As part of a major global effort to improve hand hygiene in health care, led by WHO to support health-care workers, the *SAVE LIVES: Clean Your Hands* annual global campaign was launched in 2009



May 5th 2023



**Accelerate action
together.
SAVE LIVES
Clean Your Hands**

2023 Posters



2023 Campaign

Together, we can accelerate action to prevent infections and antimicrobial resistance in health care and build a culture of safety and quality in which hand hygiene improvement is given high priority.



*Best Care
Healthy Communities*

This years call to action

- **Health and care workers:** Love the 5 moments.
- **IPC practitioners:** Lead the way for clean hands.
- **Policy makers:** Invest for health and dignity.
- **Those who access care:** Join the movement.

Campaign ideas



Notice your notice boards



5

Five moments of Hand Hygiene...



Healing hands...



Best Care
Healthy Communities

Prize Poster Campaign

What does bare below the elbows mean?

Bare Below the Elbows is an initiative aiming to improve the effectiveness of hand hygiene performed by health care workers. The effectiveness of hand hygiene is improved when: skin is intact, nails are natural, short and unvarnished; hands and forearms are free of jewellery and sleeves are above the elbow.

Design a poster that explains what “Bare The Elbows” means
You could use photos of your staff, create a catchy slogan, or a simple informative explanation.

Make it bright and catchy, get creative and involve the different staff teams
Send us your ideas and the winner will have their design printed and circulated to care homes across Birmingham



Remember have fun...



NHS
Infection Prevention Control.
You're in safe hands

Bare Below the Elbows

Hand hygiene is the single most important measure for preventing the spread of infection

Best practice to facilitate good hand hygiene when delivering direct care to service users is to be 'Bare Below the Elbows' this includes:

- Being free from long-sleeved clothing (long sleeves, if worn, should be rolled or pushed up to the elbows)
- Removing hand and wrist jewellery (a plain band ring may be worn)
- Keeping nails short and clean
- Not wearing false or gel nails or nail polish and nail jewellery
- Covering cuts and abrasions with a waterproof dressing

Community Infection Prevention and Control
Harrogate and District NHS Foundation Trust
www.infectionpreventioncontrol.co.uk
April 2018
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**BARE
BELOW
THE
ELBOWS
PLEASE**



BARE BELOW ELBOWS

The diagram illustrates four hand scenarios: 1. A hand with a green checkmark, representing correct practice (bare below the elbow). 2. A hand with a red 'X' and a watch, representing incorrect practice (wearing wrist jewelry). 3. A hand with a red 'X' and purple nail polish, representing incorrect practice (wearing nail polish). 4. A hand with a red 'X' and a purple ring, representing incorrect practice (wearing jewelry).

