

Dress Code for Clinical Skills Laboratory

The following are NOT permitted to be worn:

- Very casual or high fashion trousers, such as ripped trousers, track suit bottoms and shorts, low waistband trousers showing abdomen/lower back.
- Cropped tops, showing the abdomen/lower back.
- Strapless, revealing or off the shoulder tops.
- Very short skirts which are above mid-thigh.
- Excessive jewellery.
- When in a clinical setting loose clothing such as ties, shawls, capes which can come into contact with equipment.

Bare below the elbows

- Person entering any clinical area must be bare below the elbows. This is to ensure you can undertake good hand hygiene.
- Where for religious reasons person wishes to cover their forearms and wear bracelets they can do so when not in a clinical area. When working in a clinical area you must ensure sleeves and religious bracelets can be pushed up to the elbow and secured in place when undertaking hand hygiene and during practical training.
- Disposable over-sleeves, elasticated at the elbow and wrist, may be used but must be put on and discarded in exactly the same way as disposable gloves.
- Strict procedures for washing hands and wrists must still be observed.

Hair

- Hair must be clean, neat and tidy.
- Hair must be off the collar and long hair must be tied back and if very long must be put into a bun or coiled at the top or back of the head so it is above the collar when working in a clinical setting.
- Fringes must be above the level of the eyes and if longer tied back.
- If wigs or toupees are worn these are to be secured to ensure they do not fall off. They need to be washed as frequently as natural hair.
- Men's beards must be kept neat and tidy at all times.
- If wearing a headscarf for religious reasons or neck scarfs, then these must be secured at neck level or placed inside clothing. This is to prevent loose scarves coming into contact with equipment.

Jewellery & Watches

- Jewellery is restricted to small earrings, wedding bands and nose studs. No hoop earrings or nose rings are permitted. Nor are rings with stones permitted.
- Wristwatches must not be worn in any clinical setting.
- Religious bracelets can be worn but must be loose enough to be pushed up and secured to the elbow to allow for hand washing and during clinical session.
- The Trust (Surrey & Sussex Healthcare) will not be liable for any injury sustained by an employee caused by the wearing of any jewellery.
- The security of an employee's jewellery remains the responsibility of the wearer even if they have been asked to remove it. The Trust (Surrey & Sussex Healthcare) is not liable for any loss.

Personal Hygiene

- Personal hygiene is important and the highest standards of hand hygiene including BARE BELOW THE ELBOWS (which includes an appreciation of issues of religious beliefs, cultural norms and disability) must be adhered to at all times.
- All delegates must ensure a good level of personal hygiene is observed.
- Perfume/aftershave/make-up may be worn but must not be heavy or overpowering.
- Heavy false eyelashes must not be worn.
- Nails must be kept short, clean and neat.
- Nail varnish, false nails, nail extensions or nail jewellery/gems are not permitted.

Footwear

- Footwear must be well fitting and offer sufficient protection, including impervious soles.
- You must wear low heeled, closed toe shoes with non-slip soles. No flip flops, open toed foot wear.
- No fabric shoes are to be worn when participating in training due to the risk of absorbing fluids