



**Make one  
change...**

# Be glove aware

Over or under use of gloves can put you at risk of work-related contact dermatitis. Patients can also be put at risk from infection as the wearing of gloves can prevent effect 2st 25eno)131 (titis.)5 3ds.)5 36224-91 (ng6a131 (t.5er

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Gloves  
on?

Gloves  
off?



- When in contact with



- When in contact with



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# Top tips for hand hygiene

- Gloves are not a substitute for hand hygiene.
- Use an alcohol-based hand rub as the preferred means of routine hand hygiene in all other clinical situations.
- Wash hands with soap and water where alcohol hand rubs are known to be less effective, such as when caring for patients with known or suspected *Clostridium difficile*.
- Wash hands with soap and water if alcohol-based hand rub is not available. Hand wipes may be helpful in community settings.
- wet hands thoroughly before applying soap.
- Ensure that you rinse and dry hands thoroughly.
- Wash hands with soap and water when visibly dirty or obviously soiled with blood or other body fluids.

(Adapted from WHO, 2009)

## References

Health and Safety Executive (2020) Dermatitis in Health and Social Care  
(accessed 21 March 2022).

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World Health Organization (2009) Guidelines on hand hygiene in health care, Geneva: WHO. Available at  
(accessed 22 March 2022).

