

Staff Health and Safety Guide – Work Clothing

Personal Care Homes/Group/Residential Homes

Before Work	At Work	After Work
Wear clean clothes to work	If you use scrubs or uniforms, change into these before shift.	Change from scrubs or uniforms into your clean clothes (if applicable.)
Bring food or snacks in a disposable or washable bag	Sanitize work devices such as phones, ear buds, glasses, stethoscope (if applicable) pens, etc. before work.	If you wear your own uniform, change into clean clothes and place the uniform into a disposable or washable laundry bag.
Follow facility’s dress code policy for jewelry, nail polish, name tags etc.	Change into work shoes (recommended practice to wear shoes that are dedicated work shoes).	Sanitize phones, ear buds, glasses, stethoscope (if applicable) pens, etc.
	Store belongings such as coats away from resident areas.	Change shoes and leave work shoes at work.
	Sanitize meal surfaces and perform hand hygiene before eating meals or snacks.	Shower at work or as soon as you can at home.
	Wear PPE as directed during work.	Clean any water bottles and any food containers that you used at work or place in the dishwasher.
		Place work clothes in the washer.

BEST PRACTICES AND RATIONALE FOR CLOTHING AT WORK

Recommended Practice	Reason
Wear short sleeved tops.	Cuffs at the wrists can become heavily soiled.
Change clothes as soon as possible if they do become heavily soiled.	Visible soiling may present an infection risk.
Change in and out of uniforms at work OR cover uniform completely when traveling between work and home. Do not go shopping or engage in other activities after work while wearing a uniform.	While there is minimal evidence that travelling in a uniform presents an infection risk, many people perceive it as unhygienic.
Wash uniforms and clothing worn at work in the hottest water suitable to the fabric. Do not overload the machine.	Washing with detergent will eliminate most germs.
Clean machine and dryer according to manufacturer’s instructions.	Regular cleaning and maintenance will protect the efficiency of the machines.
Wear clean short nails with no nail polish. Avoid false nails and gel nails.	Chipped nails and polish have been shown to harbor germs. Germs will adhere to gel nails.
Tie long hair up off the collar.	Hair strands can carry germs and are of concern in direct care settings and in nutritional settings.
Restrict the amount of jewelry worn.	Wristwatches and rings can harbor germs and interfere with effective hand hygiene. Necklaces can become contaminated and can also be a choking safety hazard.
Wear shoes with closed toes and heels with good support.	Closed toes and heels offer protection against dropped objects and spills and usually offer better support to the worker’s feet and legs during periods of standing/walking.