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Hand Hygiene PPE and Sharps Safety

Practical 01 / Skills laboratory simulation

Aim

Demonstrate hand hygiene, appropriate PPE selection and safe waste segregation.

Principle

Selection of protection follows the exposure risk. Clean hands before aseptic work and before and after patient contact as appropriate to the five moments.

Materials and Requirements

- Hand hygiene station and gloves
- Training PPE and clearly labelled waste containers
- Blunt training sharps

Procedure

1. Identify hygiene moments on a simulated ward pathway and choose the facility method for visibly clean or visibly soiled hands.
2. At the model bedside identify the before-contact, before-clean-task, after-fluid-risk, after-contact and after-surroundings opportunities. Check that supplies are accessible and explain the chosen hygiene method.
3. Cover palms, backs, fingers, thumbs, fingertips and wrists as indicated by the taught method.
4. For clean-looking hands use the facility's handrub, covering fingers and thumbs until dry. Practise the soap-and-water sequence at the sink for the visibly soiled scenario and dry as taught.

Continue with step 5 on the next page.

Procedure Continued

Hand Hygiene PPE and Sharps Safety

5. Select task-specific PPE and practise donning and doffing through the local checklist, with hand hygiene after removal.
6. Match gloves, gown, mask or eye protection to a specific splash and exposure scenario. Check fit before contact and follow the posted removal sequence without touching contaminated outer surfaces.
7. Ask a partner to observe contamination markers on the training PPE. Pause if a clean surface is touched, perform hand hygiene and repeat the affected step.
8. Identify the point-of-use sharps container and sort clean simulated items using current local biomedical-waste instructions.
9. Count the dummy sharps, discard each directly into the container and identify remaining items by the facility's labels. Record any sharps or doffing error and the proper exposure reporting route.

Precautions

- Keep training materials separate from clinical waste.
- Avoid recapping used sharps and report an exposure promptly.

Observations and Interpretation

Hand Hygiene PPE and Sharps Safety

Observations and Record

Item	What to record	What it tells you
Hygiene moment	Before touching or performing aseptic work and after relevant exposure	Interrupts transfer
PPE	Task risk and removal sequence	Prevents self-contamination
Sharps	Immediate approved container placement	Reduces injury risk

Worked Example

A learner removes gloves after a simulated dressing and touches a mobile phone. The supervisor marks hand hygiene after glove removal as the missed step and repeats the station.

Result and Interpretation

Complete a checklist and describe the correct response to a fictional exposure through the facility pathway.

Viva Questions and Answers

Do gloves replace hand hygiene?

Hand hygiene remains necessary at the relevant moments.

When are soap and water particularly important?

When hands are visibly soiled and when the local infection-control protocol requires washing.

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