



Key Legislation: **Health and Social Care Act 2008 | Code of Practice on Prevention and Control of Infections**

KEY STATISTICS



5,000

Deaths linked to HCAs in England each year



£2.7 billion

Annual cost of HCAs to the NHS



20-30%

Of HCAs are preventable with better infection



80%

Of infections spread by hands

LEARNING OBJECTIVES



Understand the chain of infection and how to break it



Apply standard precautions in all care settings



Perform effective hand hygiene using the WHO 6-step technique



Select, don and doff personal protective equipment (PPE) correctly

STEP-BY-STEP GUIDE

1

Hand Hygiene

Wash hands for 20 seconds using the WHO 6-step technique



2

PPE

Select appropriate PPE based on risk — gloves, apron, mask, eye protection



3

Don PPE

Put on PPE in correct order: apron, mask, eye protection, gloves



4

Doff PPE

Remove PPE carefully to avoid self-contamination — gloves first

