



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

