Appendix 1

Guidance for healthcare staff laundering uniforms at home

General information
- Staff are required to wear their own clothes when travelling to and from the Trust site.
- On arrival at work, staff must change into a clean uniform using the changing facilities provided, and change out of the uniform before leaving to go home.
- A clean uniform must be worn for each shift worked.
- If uniforms become heavily soiled with blood and/or body fluids during a shift, then staff must change into a clean uniform at the earliest opportunity (Trust laundered scrubs can be used for this purpose – it is anticipated this is a rare occurrence).

Staff who, as a part of their role, are required to make domiciliary visits or undertake community clinics, are expected to cover their uniforms whilst travelling.

Personal protective equipment, e.g. disposable plastic aprons and gloves, must be worn when delivering certain aspects of patient care. Please refer to the Trust Standard Precautions and Hand Hygiene policies for further information.

Laundering uniforms at home
- Full laundering instructions can be found on the reverse of this leaflet.
- Wash uniforms separately from other clothing/items, in a washing machine at the hottest temperature suitable for the fabric, according to the manufacturer’s instructions. Do not boil wash. Ideally visibly contaminated uniforms should receive a machine ‘sluice (rinse) cycle’ first, prior to the main wash, in order to avoid washing items by hand.
- Wash in laundry detergent, either a powder or liquid, using the amount indicated on the detergent instructions.
- Dry as quickly as possible, ideally with a tumble dryer on a normal/medium temperature according to the manufacturer, or air dry thoroughly before ironing on the hottest setting advised by the manufacturer.
- Store laundered (washed) uniforms in a clean plastic bag. Do not carry clean and soiled/dirty uniforms together in the same bag.

After handling soiled/dirty uniforms and placing them in the washing machine, wash your hands using soap and water.

Additional good practice information
- Do not overload the washing machine.
- Clean washing machines and tumble dryers regularly, in accordance with manufacturer’s instructions.

References
- Department of Health (2\textsuperscript{nd} edition March 2010). Uniforms and workwear: Guidance on uniform and workwear policies for NHS employers.
- Royal College of Nursing (3\textsuperscript{rd} edition July 2013). Guidance on uniforms and workwear.