



<p><b>UNIFORMS AND WORK WEAR: GUIDANCE FOR THE SERVICE PROVIDERS IN THE WELLBEING REGION COUNTY OF OSTROBOTHNIA</b></p>	<p>Made by: Infection control and prevention nurses /Quality, Safety and Control</p>	<p>Approved by: Wellbeing Region County Of Ostrobothnia textile and laundry services working group</p>	<p>Translated: Infection control and prevention nurses /Quality, Safety and Control Translation approved: G. Segaro</p>
	<p>Date: 1.11.2022</p>	<p>Date: 11.1.2024</p>	<p>Date: 16.7.2024</p>

The Wellbeing Region County of Ostrobothnia expects and assumes that external service providers comply with the following issues related to work wear.

### Work wear

- The employer provides employees with the work and protective clothing they need in their work tasks and at their workplace, if separate work clothes are required to perform the work (Sections 15 and 20 of the Occupational Safety and Health Act “Työturvallisuuslaki”). These include care and nursing tasks, institutional care/cleaning tasks and nutritional service tasks. It is the responsibility of the work unit supervisor to ensure that staff dress appropriately.
- Employees of an external service provider are not allowed to wear the Ostrobothnia Wellbeing Region's work clothes.
- Work wear consists of work clothes, socks and shoes (headgear, if required for the work). The procurement of the work wear shall be carried out in accordance with the service provider's own procedures.
- When purchasing footwear, it is important to pay attention to safety and cleanability. The work shoes are only used in the workplace and together with socks. The employee must ensure that work shoes and socks are clean.
- Work clothes are provided with short sleeves. Doctors coats should be  $\frac{3}{4}$  sleeved or the sleeves rolled up to the elbows.
- Employees do not wear private long-sleeved shirts under their work clothes
- Persons who wear a headscarf/headgear for religious reasons may use their own clean headscarf, which they wash themselves. The cloth is changed to clean every day. It should cover the hair and not hang on top of the work clothes.
- Work clothes are put on before the work shift. If workers have the opportunity to change their clothes in a changing room, the clothes must be changed there.
- Employees are responsible for keeping their work clothes tidy. Work clothes are changed daily to clean ones and always as needed. Dirty work clothes are immediately put in the laundry collection. Do not store them in the changing room/locker room.
- Jackets and vests must not be worn in connection with the close-care and examination situations.
- Non-professional work clothes such as jackets, vests or warming jackets from home must not be used in care work because they do not fulfil hygiene requirements.
- The doctor's coat is changed at least once a week and immediately if it becomes soiled.
- Patient clothes must not be used as work clothes.
- Do not keep healthcare accessories in the pocket of the working clothes (e.g. tape or scissors) because of the risk of contamination.

Work wear for staff working in customer care in customer units (enhanced service accommodation, care units, hospitals)

- The employer takes care of the washing, maintenance and repair of work clothes.
- Work clothes are washed either in a laundry or in a unit with a professional washing machine. The washing temperature in a professional washing machine should be at least 70 degrees Celsius.

- The functioning and cleanliness of the professional washing machine must be checked regularly (self-monitoring plan and documentation). Dirty and clean work clothes are stored separately and preferably in different rooms or the handling areas are separated by a partition. Once the clothes are washed they are dried either in a drying machine or in a clean room reserved for drying. After maintenance, work clothes should be clean, stain-free, dry, comfortable to wear and odor-free. Clean work clothes are also stored in a separate, clean storage area or in a clean roll-up bag with hood.
- Work clothes which are agreed to be washed at home (no laundry service available) are washed at 60 degrees with a standard, fragrance-free detergent and a wash program of at least 1 hour. Then occasionally wash with a disinfectant detergent.
- In the workplace during an epidemic (noro-virus), work clothes should be washed with disinfectant detergent [https://www.hankkija.fi/maatilatarvikkeet/maatilan-pesu-ja-desinfointiaineet/iapyykinpesuaine-omo-professional-color-sensitive-8-kg2027192/?gclid=EA1aIQobChMI1MSxnpU3-wlVheh3Ch1MPASYEAQYAiABEgKfrPD\\_BwET](https://www.hankkija.fi/maatilatarvikkeet/maatilan-pesu-ja-desinfointiaineet/iapyykinpesuaine-omo-professional-color-sensitive-8-kg2027192/?gclid=EA1aIQobChMI1MSxnpU3-wlVheh3Ch1MPASYEAQYAiABEgKfrPD_BwET) washing temperature 30-95 degrees

or

- [https://www.hartman.fi/fi/erisan-oxy-50-x-50-g-8116-tf36?gclid=EA1aIQobChMlylv-iZy3-wlVwR3Ch17TAMPEAQYBiABEgIffD\\_BwE](https://www.hartman.fi/fi/erisan-oxy-50-x-50-g-8116-tf36?gclid=EA1aIQobChMlylv-iZy3-wlVwR3Ch17TAMPEAQYBiABEgIffD_BwE) a bag of powder and half a dose of ordinary, unscented detergent for machine washing at 40-60 degrees
- Using a disinfectant detergent will also help to clean your washing machine

The employer provides the personal protective equipment required for the work and the worker is obliged to use it in accordance with the employer's instructions

#### **Personal hygiene, hand hygiene, jewellery and other matters that must be taken into account**

- Every staff member takes care of good personal hygiene. Hair and beard should also be clean and tidy.
- Lanyards belonging to work clothes must be made of materials that can be easily cleaned so that they do not increase the risk of infection. For example, beaded lanyards are difficult to clean and pose a safety risk if they break.
- Proper work attire is complemented by good hand hygiene:
  - When working with patients, follow the WHO's "Five Moments" for good hand hygiene: [https://cdn.who.int/media/docs/default-source/integrated-health-services-\(ihs\)/infection-prevention-and-control/your-5-moments-for-hand-hygiene-poster.pdf?sfvrsn=83e2fb0e\\_21](https://cdn.who.int/media/docs/default-source/integrated-health-services-(ihs)/infection-prevention-and-control/your-5-moments-for-hand-hygiene-poster.pdf?sfvrsn=83e2fb0e_21)
  - Hands free of jewellery (no watches, activity bracelets, rings, etc.).
  - Short and unpainted nails, no false nails.
  - Supporting splints, compression sleeves or gloves that extend below the elbow and prescribed due to illness make it impossible to maintain hand hygiene as required in patient care. In such cases, it is necessary to negotiate with the supervisor the tasks to be performed.
  - Healthy skin on hands and forearms is important in patient work. Care for your hands with base cream. Rashes, wounds and cuticle infections should be treated by the occupational health care service, you will also be provided instructions on how to care and protect your hands as well as get a sick leave if necessary.
  - A freshly applied tattoo on the hand or forearm must have healed before returning to patient work, as a freshly applied tattoo is treated as an open wound. Healing of a fresh tattoo takes approximately two weeks.
- Jewellery other than hand jewellery should be used in moderation, and for example, dangling earrings or long and large neck jewellery should be avoided.
- Facial piercings pose an infection risk and are therefore not recommended.
- Long hair should be tied up.
- During working hours, strong perfumes should be avoided. They can give patients/clients and co-workers serious symptoms

## **Staff wearing private clothes at work (the job does not require you to wear work clothes, e.g. for an office job)**

- Private clothing should be clean and tidy. Cleaning of private clothes, which you wear during working hours, does not belong to the employer. Private clothes are washed at home. Work shoes must also be clean and safe.
- You must take care of your personal hygiene and oral hygiene. Hair and beards should also be clean and tidy.
- Wash your hands when you come to work and when you leave work or use hand sanitizer. You should also take care of hand hygiene before meals or coffee breaks and when using the toilet. You should also disinfect your hands before and after contact with clients and after handling telephone, keyboards, keys or tags.
- Healthy and intact skin on the hands protects against pathogens. Skin problems on the hands should be taken care of. Occupational health services will help if necessary. You should cover a possible cut or burn on your hand with a clean wound dressing. A freshly made tattoo on your hand can be compared to an open wound.
- Keep your nails neat. The length of the nails should be moderate.
- Avoid using strong perfumes or fragrances during working hours. Also avoid washing clothes that you use at work with strong scented detergent.
- Various jewellery and facial piercings should be kept to a minimum during working hours. Avoid touching jewellery and face.
- Cough or blow into a tissue. Do not come to work when you are ill.
- If you wear a headscarf/ headgear because of conviction, it should be clean and neat.
- Supporting splints, compression sleeves or gloves that extend below the elbow and are prescribed due to illness, should be clean and tidy.
- When you meet with clients, you must ensure that you do not expose them to allergens (for example pet hair on your clothes or strong odors/perfumes, which can cause severe symptoms).



**Clothing is also a reflection of professionalism**

Keywords: guidance for work wear, work wear, service provider

### **References / additional information:**

Ostrobothnia Welfare Region • [www.pohjanmaanhyvinvoindi.fi](http://www.pohjanmaanhyvinvoindi.fi) • Switchboard 06 218 1111

This guide is for use to healthcare professionals.