Protecting Our Patients

Bare Below Elbows

Giving Hygiene a Helping Hand!
What is Bare Below Elbows?

Bare Below Elbows is an initiative aiming to improve the effectiveness of hand hygiene performed by health care staff working within clinical areas. This includes a ward, clinic room, group meeting room, and a testing room such as x-ray. This does not include communal areas such as corridors and the canteen.

The Bare Below Elbows initiative was launched in Temple Street Children’s University Hospital on May 5th 2016.

Who should be Bare Below Elbows?

All staff members should be Bare Below Elbows for example doctors, nurses, health care professionals, students, administrative, domestic, clerical and technical staff and students when they are in a clinical area.

What does it mean to be Bare Below the Elbows?

• Nails should be short and clean - no nail varnish, gel nails or acrylic / extensions.

• No jewellery should be worn around the wrists, including watches, bracelets and wrist band electronic health monitoring devices.

• No rings with stones should be worn – one plain band is allowed.

• Sleeves should be short or rolled securely to the elbow.

When and where should staff be Bare Below Elbows?

Any member of staff within a clinical area throughout the hospital should be Bare Below Elbows.
What is the benefit of staff being Bare Below the Elbows?

When staff are Bare Below Elbows, they can effectively carry out hand hygiene. Hand Hygiene remains one of the most important measures in preventing hospital acquired infections.

What if a member of staff looking after your child is not Bare Below Elbows?

If you see a member of staff who is not Bare Below Elbows you can question why? Or request that they roll up their sleeves or remove their watch.

Remember its helping to protect your child
Bare Below Elbows in Temple Street

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The information contained in this leaflet is correct at time of development.