

## **Bare Below the Elbow**

Students are reminded that they must comply with the placement provider's uniform and workwear and hand hygiene policies.

In compliance with the Department of Health and Social Care's position on 'Bare Below the Elbow', all staff and students will be 'Bare Below the Elbow' whilst working in any area within a healthcare setting and whilst providing direct care to patients/clients or service users. In this context a healthcare setting is any area in which a healthcare provider, clinician or student undertakes a physical examination or direct hands on care, whether on the placement provider premises or off site at an outreach facility.

'Bare Below the Elbow' includes the removal of watches and jewellery, with the exception of a simple wedding ring. The removal or securing of ties (such as by tucking the tie inside the shirt) and neck jewellery will also be required. Thus, it is not required that students should wear ties. Those with long hair must tie their hair back. These requirements affect all those who come into contact with patients/clients or service users and thus include medical and other students.

Clearly there may be some instances for cultural or social reasons, where individual members of staff will want to cover their lower arms; where this is the case arrangements will be made for these staff to use disposable sleeves (contact the placement provider staff about this).

### **Hijab Bare Elbow Infographics – NHS National Uniform and Workwear guidelines by NHS England and NHS Improvement**

<https://britishima.org/guide/hijab-bare-elbow-infographics/>

If further advice is required, students should consult with their practice assessor/practice educator/placement supervisor.