

# IPC **BEST** CHECKLIST

- To be completed twice a week.
- Please print on both sides if posters are required.

## ACTIONS

- This tool is to be completed before every shift
- All columns should be completed

Month .....

**Bare below the elbows sweep** - do a visual check of all care staff when they come onto shift.

WK1 (Date/Initials)		WK2 (Date/Initials)		WK3 (Date/Initials)		WK4 (Date/Initials)		Comments and Actions

**Environmental sweep** - do a walk round of communal, personal care areas, bathrooms and toilets.

WK1 (Date/Initials)		WK2 (Date/Initials)		WK3 (Date/Initials)		WK4 (Date/Initials)		Comments and Actions

**Stock** - check stock of PPE available and liquid soap, paper towels at communal sinks.

WK1 (Date/Initials)		WK2 (Date/Initials)		WK3 (Date/Initials)		WK4 (Date/Initials)		Comments and Actions

**Tell the senior/manager** - Report onward to the care home manager.

WK1 (Date/Initials)		WK2 (Date/Initials)		WK3 (Date/Initials)		WK4 (Date/Initials)		Comments and Actions

**Infection Prevention Control**  
You're in safe hands

**NHS**

**Your 5 moments for hand hygiene at the point of care**

Adapted from the WHO Atlas for Patient Safety 2008

Moment	WHEN?	WHY?
1 BEFORE PATIENT CONTACT	Clean your hands before touching a patient when approaching him/her.	To protect the patient against harmful germs carried on your hands.
2 BEFORE A CLEAN/ASEPTIC PROCEDURE	Clean your hands immediately before any clean/aseptic procedure.	To protect the patient against harmful germs, including the patient's own, from entering his/her body.
3 AFTER BODY FLUID EXPOSURE RISK	Clean your hands immediately after an exposure risk to body fluids (and after glove removal).	To protect yourself and the healthcare environment from harmful patient germs.
4 AFTER PATIENT CONTACT	Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side.	To protect yourself and the healthcare environment from harmful patient germs.
5 AFTER CONTACT WITH PATIENT'S SURROUNDINGS	Clean your hands after touching any object or furniture in the patient's immediate surroundings when leaving—even if the patient has not been touched.	To protect yourself and the healthcare environment from harmful patient germs.

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[www.infectionpreventionandcontrol.co.uk](http://www.infectionpreventionandcontrol.co.uk) January 2024

'The WHO 5 Moments' and LCC IPC Handwashing posters should be on display in your setting, serving as a visual reminder for members of your teams.

**GET SMART**  
Join the fight against the spread of infection

**PLEASE WASH YOUR HANDS**

1) Wet hands under running water  
2) Apply soap and rub palms together  
3) Back of hands  
4) In between fingers  
5) Grip fingers  
6) Thumbs  
7) Fingertips  
8) Rinse hands under running water  
9) Dry thoroughly

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BLACKBURN DARWEN  
Lancashire County Council

### The aims of BEST

**B** = bare below the elbows sweep, do a visual check of all care staff when they come onto shift.

*Aim to improve the effectiveness of hand hygiene performed by care workers, staff and visitors. Bare below the elbows is achieved when sleeves are above the elbow, hands and forearms are free of jewellery, skin intact, and nails are natural, short and unvarnished or false.*

**E** = environmental sweep, perform walk round of communal personal care areas, bathrooms, toilets.

*Aim to comply with safe management of the care environment, keeping a high standard of environmental cleanliness in the care home.*

**S** = stock, check stock of PPE available and liquid soap, paper towels at communal sinks.

*Aim to ensure that PPE is available and properly used in accordance with IPC standards. Cleaning materials and products are used in accordance with the cleaning standards.*

**T** = tell the manager. Report onward to the care home manager.

*Aim to report IPC related issues/concerns with the appropriate senior/manager to document and action.*