

INFECTION PREVENTION & CONTROL

Stop germs. Protect people. Keep everyone safe.

Infection Prevention and Control (IPC) helps stop the spread of germs and reduces the risk of illness for our clients, ourselves and everyone who uses the space.



BE SAFE



WORK SMART



RESPECT



DELIVER QUALITY

REMEMBER



- Good cleaning removes dirt.
- Good disinfection kills germs.
- Good habits stop germs spreading.
- Follow the correct procedures every time.
- Report any concerns immediately.



Small actions make a big difference.

Good habits save lives.

THE CHAIN OF INFECTION

Germs can spread when one or more links in the chain are not broken.



We break the chain with good hygiene, cleaning, disinfection and good habits.

OUR 5 KEY CONTROLS



1. HAND HYGIENE

- Wash hands regularly with soap and warm water for 20 seconds.
- Use hand sanitiser when hand washing is not possible.
- Always wash hands before eating, after toilet use and after cleaning.



2. CLEANING

- Clean all areas thoroughly to remove dirt and germs.
- Follow colour coding system.
- Use the right equipment for the right area.



3. DISINFECTION

- Use disinfectants on high touch surfaces.
- Follow dilution rates and contact times.
- Allow surfaces to dry naturally.



4. WASTE MANAGEMENT

- Use bins with lids.
- Empty bins regularly.
- Tie bin bags securely.
- Dispose of waste safely.



5. PERSONAL PRESENTATION

- Wear clean uniform.
- Keep hair tied back.
- Keep nails short and clean.
- Do not wear jewellery.

WE WORK IN MANY DIFFERENT ENVIRONMENTS

Different places, same high standards.



DOMESTIC HOMES



OFFICES



DENTAL PRACTICES



SCHOOLS & NURSERIES



HOTELS



KITCHENS & CANTEENS

HIGH TOUCH AREAS – FOCUS YOUR CLEANING

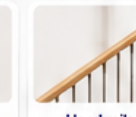
These areas are touched often and can spread germs.



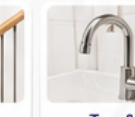
Door handles & push plates



Light switches



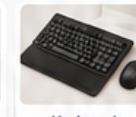
Hand rails



Taps & sink areas



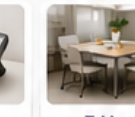
Toilet flush & seats



Keyboards & mice



Phones



Tables & worktops



Tip: Clean and disinfect high touch areas regularly throughout the day.

RESPIRATORY HYGIENE

Help stop germs spread through coughs and sneezes.



Catch it

Use a tissue when you cough or sneeze.



Bin it

Dispose of used tissues in the bin immediately.



Kill it

Wash your hands or use hand sanitiser.



If you feel unwell, tell your manager.

STANDARD CLEANING & DISINFECTION PROCESS



1 REMOVE DIRT
Always clean first. Dirt can protect germs.



2 APPLY DISINFECTANT
Use the correct product at the correct dilution.



3 ALLOW CONTACT TIME
Leave for the required contact time to kill germs.



4 WIPE & LET DRY
Wipe if required and allow to air dry. Do not rinse unless stated.



5 REPEAT REGULARLY
Focus on high touch areas throughout the day.

WHEN TO CLEAN & DISINFECT



- ✓ At the start of the day
- ✓ After spills or contamination
- ✓ After use of toilets and washrooms
- ✓ After handling waste
- ✓ Between different tasks and areas
- ✓ Throughout the day – focus on high touch areas



If in doubt, **CLEAN IT OUT!**

KNOWLEDGE CHECK

Circle the correct answer or write your response.

- 1 What is the main aim of Infection Prevention and Control?
- 2 Name three high touch areas.
- 3 How long should you wash your hands for?
- 4 What should you do after coughing or sneezing?
- 5 Why is it important to clean before disinfecting?
- 6 What are the 5 key controls for IPC?
- 7 What should you do if you feel unwell?



TIP OF THE MODULE

Good habits today prevent problems tomorrow. We all have a part to play in keeping everyone safe.



TRAINING RECORD

I confirm that I have received, read and understood the content of Module 7 – Infection Prevention & Control.

Employee Name: _____ Date: _____

Employee Signature: _____ Date: _____

Trainer Name: _____ Date: _____

Trainer Signature: _____ Date: _____



This training does not replace site specific instructions or risk assessments. Always follow the rules and use your judgement.