



ITEC



VTCT

UIP5 - Infection Prevention (COVID-19) for Sport and Fitness Sessions

LO4 Understand the importance of Personal Protective Equipment (PPE), Hand Hygiene and Personal Hygiene in the prevention of COVID-19

Personal protective equipment (PPE)

The Health and Safety Executive states:

'PPE is equipment that will protect the user against health or safety risks at work. It can include items such as safety helmets, gloves, eye protection, high-visibility clothing, safety footwear and safety harnesses. It also includes respiratory protective equipment (RPE).'

PPE can be used to control or limit the spread of infection if used correctly. Government guidelines concerning PPE requirements should be followed by employers, staff and clients.



Personal protective equipment (PPE)

Types of PPE:

- Single use/disposable
- Multiple/re-useable – requiring decontamination between uses
- Use in accordance with manufacturers' instructions and local/national policies/procedures relating to the use of PPE of the country therein
- Risks associated with incorrect use of PPE



The use of PPE

- Select appropriate PPE according to risk of the service
- Select appropriate size PPE to ensure correct fit
- Sequence and importance of putting on PPE correctly
- Sequence and importance of removing PPE correctly



Hand Hygiene

- Hand hygiene – washing and/or use of hand sanitiser
- Washing hands regularly with soap and water using the correct techniques helps in the prevention of COVID-19
- If hand washing is not possible, then use an alcohol based sanitiser



Hand washing

- https://www.youtube.com/watch?v=8rJp_S0TB1c
- <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>
- <https://www.youtube.com/watch?v=3PmVJQUcm4E>

Hand sanitiser/rub

- <https://www.youtube.com/watch?v=ZnSjFr6J9HI>



Personal Hygiene

- Good personal hygiene is one of the most effective ways of protecting ourselves and others from illness
- Personal hygiene: ‘the principle of maintaining cleanliness and grooming of the external body. Good personal hygiene is important for physical and mental health’
- Examples of the risks of poor personal hygiene – spread of infection, loss of business reputation



Personal Hygiene

Personal hygiene requirements for staff:

- Tie hair back/up if necessary
- Wear minimal jewellery or remove
- Short, clean nails
- Nail varnish or nail extensions, if worn should be short and unchipped – chips can harbor pathogens
- No breath or body odour
- Staff must not work barefoot
- Wash/sanitise hands before, during and after sessions as appropriate



Personal Hygiene

Personal hygiene requirements for clients/participants:

- Clients/participants to wash/sanitise hands
- Clients/participants must not be barefoot outside of the changing room or wet facilities, pools, fitness studios
- Client belongings to be stored in a secure and well-ventilated storage area

