
Table 1 Checklist for assessment of personal hygiene practices among health care workers

Practice

Assessed for physicians and nurses

1. Use uniform according to hospital policy.
2. Uniforms are clean.
3. Use proper shoes (not slippers).
4. Have short fingernails.
5. Do not wear jewellery (rings/bracelets).
6. Use needle-cutter or specific container to discard used syringes, needles and other sharp items.
7. Wash hands after each step of working.
8. Wash hands after contact with patients.
9. Wear gloves when needed.
10. Use protective devices (gown, mask, gloves and goggles) when in contact with infectious patients or if there is possibility of splashing blood or other drainages.
11. Use protective measures if drawing blood (gloves, masks and goggles).

Assessed for hospital cleaners

1. Use black-coloured gloves for cleaning of toilets and different-coloured gloves for other sites.
 2. Wear boots when washing the ward.
 3. Wear rubber aprons when washing the ward.
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