

Personal hygiene protocol

General Rules on Hygiene for Researchers

Aim

To ensure good personal hygiene on the part of the researcher, which will protect him/her and the participant against infections.

Clothing

General:

- Wear buttoned or zipped up, clean clothing with short sleeves (tip: own lab coat);
- Bandage up any injuries and wear disposable gloves (latex free);
- Do not wear any rings, watches or bracelets (including under the gloves);
- do not wear clothing and/or accessories that can sweep around the working area (bear this in mind when wearing items such as cardigans, scarves, headscarves or necklaces);

Footwear

- Shoes must be easy to clean and footwear must be cleaned whenever there is visible dirt.

Plaster cast or hand/wrist braces

- Plaster casts and hand or wrist braces are not permitted, as they prevent the researcher from carrying out proper hand hygiene procedures.

Nails

- Nails must be kept short and clean;
- Dirt under the nails must be brushed away carefully, with a soft brush;
- Nail polish, acrylic nails or other forms of false nails are not permitted.

Hair

- Hair must be clean;
- Long hair must be worn up or pulled back.

Facial hair

- Beard and moustache must be clean and properly cared for.

Jewellery

- During research, no rings, bracelets, piercings or watches may be worn on hands or underarms, as it makes it impossible to properly clean the skin in these areas.

Piercings

Piercings are not permitted if they:

- interfere with the treatment/care of the participant;
- make it impossible for general hygiene practices to be carried out or carried out properly;
- are a possible source of infection for the participant.

Cough, sneeze and toilet hygiene

- Turn away when you cough / sneeze;

- Cough / sneeze into a handkerchief / tissue or into the crook of your elbow;
- Use a tissue when blowing your nose;
- Only use a tissue once and immediately throw it in the bin after use;
- Wash your hands after coughing, sneezing, blowing your nose or visiting the toilet.

Eating and drinking

Do not eat or drink in areas where work is carried out with human test subjects, or on participants' tissues or cells.