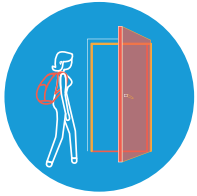


# STAYING SAFE IN GENERAL PRACTICE

# BDA

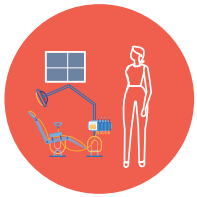
British Dental Association

A new day in the life of a dental team



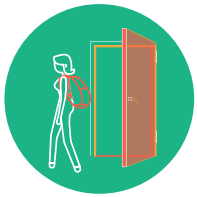
## Getting to work

- 1 Wear clean clothes
- 2 Put your phone in a plastic bag
- 3 Pack two pillowcases and use a washable bag like a rucksack



## At work

- 1 Change into clinical work wear
- 2 Put your home clothes into one pillowcase
- 3 Prior to clinical activity put on appropriate PPE, including doffing and donning procedures as appropriate



## Leaving work

- 1 Shower if possible
- 2 Put your work clothes in the other pillowcase
- 3 Change into the clothes you had on in the morning



## Arriving home

- 1 Clean down your car where your hands came into contact with it
- 2 Enter your home with minimal contact with the premises
- 3 Wipe down the door
- 4 Dispose of the bag your phone is in
- 5 Place pillowcases and all work clothes in washing machine separately from other household items
- 6 Wash on a < ½ load at max temp on labels. Either line-dry, tumble dry or iron
- 7 Wipe down the machine
- 8 Wash your hands
- 9 Shower and dress in clean clothes



## Decompress

- 1 Relax and recharge
- 2 Go for a walk
- 3 Phone a friend
- 4 Don't forget our counselling and emotional support hotline for members [bda.org/healthassured](https://bda.org/healthassured)