

Safe at Work: COVID-19 Healthcare Toolkit



We're here to help.

You, as healthcare professionals, are facing an unparalleled crisis with the COVID-19 outbreak. You are focused on providing quality care despite the shortage of personal protective equipment (PPE) along with the volume and severity of patients seeking treatment. Meanwhile, cleaners and housekeeping staff are also on the frontline helping stop the spread of this deadly infectious disease.

As the leading global professional hygiene brand, we're here to help. We're here to support you by providing essential information, tools and solutions that can help keep you and those in your care as safe as possible during this pandemic. We hope you find the information in this toolkit both relevant and useful.

Thank you for your efforts on the frontline of this crisis, and we hope that you and your colleagues stay safe throughout these challenging times.

Yours sincerely,

Tom Bergin
Marketing Director – Healthcare
Essity Professional Hygiene



COVID-19

As the number of COVID-19 patients continues to rise, healthcare systems around the world are under significant stress. Most people who develop COVID-19 recover after experiencing only mild symptoms. But as COVID-19 is a viral infection, patients with the disease are at risk of developing serious conditions such as sepsis, which can lead to severe illness and even death.

Following proper hand hygiene protocols, routine cleaning and disinfecting procedures, and optimising dispenser placement can help reduce the spread of the virus that causes COVID-19 in your healthcare facility and prevent sepsis. This toolkit provides the resources you need to help you reinforce those best practices in your healthcare facility during this outbreak and beyond.



Clinical conditions associated with COVID-19



Mild illness

Non-specific symptoms such as fever, fatigue, cough, muscle pain, sore throat, dyspnoea, nasal congestion or headache



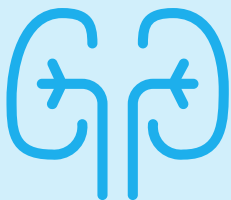
Pneumonia

A form of acute respiratory infection that affects the lungs



Severe pneumonia

Severe cases of pneumonia often require hospitalisation



Sepsis

Life-threatening organ dysfunction



Septic shock

Significant drop in blood pressure that can lead to respiratory or heart failure, stroke, failure of other organs and death

Sepsis prevention

For more information and resources about the importance of hand hygiene and wound care in reducing sepsis in your healthcare facility, visit our "Sepsis Prevention" resource page.

[Learn more](#)

Hand hygiene

As new and former healthcare workers are entering the workforce to meet increased demand, it's more important than ever to reinforce proper hand hygiene to control the spread of infectious diseases like COVID-19.

They should use hand sanitisers or wash their hands with soap and water according to the World Health Organization's "My 5 Moments for Hand Hygiene" approach. Some key moments to perform hand hygiene during the COVID-19 outbreak include:

- before and after all patient contact
- contact with potentially infectious materials
- before putting on and after removing personal protective equipment (PPE)

If their hands are visibly soiled, they should wash their hands with soap and water.

You should ensure that hand hygiene supplies are readily available to all personnel in every care location. Below are also some resources to reinforce proper hand hygiene techniques with new healthcare staff members.



Resources

Handwashing procedure

Wash your hands with soap, water and paper towel

For more information, visit www.tork.co.uk or www.tork.ie

Handwashing procedure

[Download](#)



Hand rub procedure

Disinfect your hands

For more information visit www.tork.co.uk or www.tork.ie

Hand rub procedure

Hand rub procedure

[Download](#)



VR Clean Hands training

Improve your hand hygiene in virtual reality

Download the app

Virtual reality for deeper learning

VR Clean Hands training

[Learn more](#)



Tork poster builder

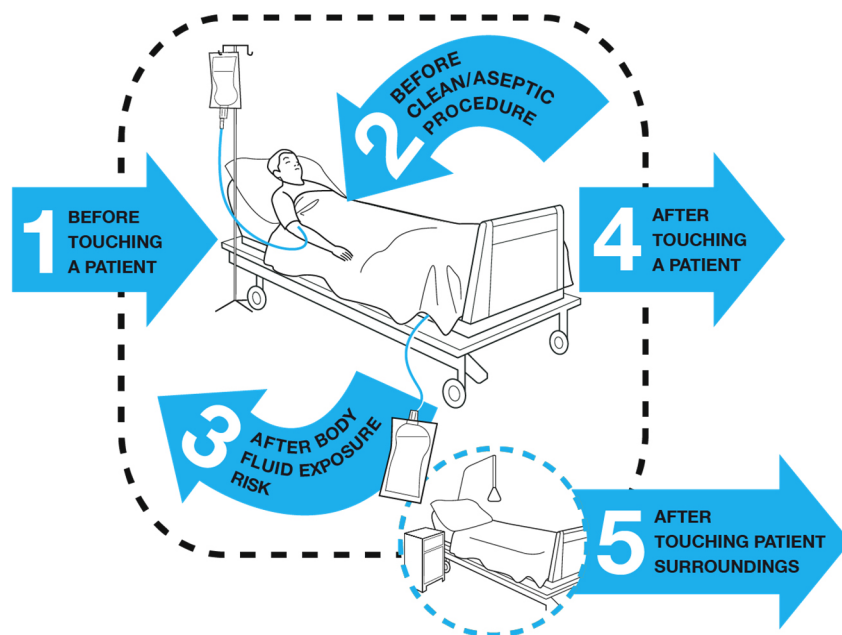
Create a powerful message for your facility or ward.

Tork poster builder

[Learn more](#)



WHO's 5 moments of hand hygiene for healthcare staff



1 Before touching a patient

In order to reduce patient exposure to being colonised with healthcare-associated microorganisms, hand hygiene must take place before touching a patient or entering the patient zone. The patient zone contains the patient and his/her immediate surroundings, including surfaces touched by the patient (such as the bed rails, infusion tubing) and surfaces frequently touched by staff (such as monitors, knobs and buttons).

2 Before a clean/aseptic procedure

Before performing a clean/aseptic procedure, hand hygiene is critical to preventing healthcare associated infections (HAI). Hand hygiene should take place between the last exposure to a surface and immediately before access to a critical site with infectious risk for the patient or a critical site with combined infectious risk.

3 After body fluid exposure risk

After performing a task associated with a risk to exposing hands to body fluids, hand hygiene must take place instantly and before a new hand-to-surface exposure, even if you stay within the patient zone. This action reduces both your risk of being colonised or infected by infectious agents and the risk of transmitting microorganisms from a "colonised" to a "clean" body site within the same patient.

4 After touching a patient

After touching the patient and before touching an object in the area outside of the patient, hand hygiene is important to minimise the risk of dissemination to the healthcare environment. This action also protects you by significantly reducing the contamination of your hands with flora from the patient.

5 After touching patient surroundings

The final moment for hand hygiene occurs between hand exposure to a surface in the patient zone and a subsequent hand exposure to a surface in the area outside of the patient – but without touching the patient. Hand hygiene is required at this moment, since exposure to patient objects, even without physical contact with the patients, is associated with hand contamination.

Surface cleaning

Routine cleaning and disinfecting procedures are appropriate for the virus that causes COVID-19, so ensure these procedures are followed consistently and correctly, especially for high-touch surfaces such as:

- Overbed tables
- Floors
- Hospital bed rails
- Bedside tables
- Chairs
- Door handles

Managing laundry, foodservice utensils and medical waste should also be performed following routine procedures. Hospital cleaning and housekeeping personnel play an important role in helping to stop COVID-19 infections from spreading by working with colleagues, prioritising areas of risk, and following guidelines for cleaning and disinfecting.


When caring for patients with known or suspected COVID-19, dedicated medical equipment should be used. Any non-dedicated, non-disposable medical equipment used should be cleaned and disinfected according to manufacturer instructions and facility policies.

Below are some tools and guidelines to help you ensure that your healthcare facility remains hygienic to reduce the spread of the COVID-19.




Resources

CDC Environmental Checklist for Monitoring Terminal Cleaning

Download 

Best Practices for Environmental Cleaning in Healthcare Facilities: In Resource-Limited Settings

Download 

Comprehensive Hospital Preparedness Checklist for Coronavirus Disease 2019 (COVID-19)

Download 

Dispenser placement

As more temporary hospitals are either newly constructed or repurposed from existing buildings to treat COVID-19 patients, we have an opportunity to reinforce proper hand hygiene in these facilities through optimal dispenser placement. Studies show that optimising dispenser placement can increase usage by more than 50%,¹ and that merely increasing the number of dispensers has a smaller impact on usage than keeping the same number of dispensers but making them more prominently visible. Here are some guiding principles for areas commonly found in hospitals, based on both Tork-sponsored research and independent findings from independent academic studies.



Hospital entrance

- 1 Many visitors do not clean their hands when entering the hospital. Giving easy access to and info about hand hygiene could potentially have great benefit.



Traditional private patient room

- 1 Placing dispensers on “walking-routes” or at a site where care is frequently provided results in more usage.
- 2 Dispensers should not be out of the way, behind another object or out-of-sight.



Semi-private patient room

- 1 This type of room requires more than one dispenser.
- 2 Familiar locations eliminate need to look for dispenser. In one observational study dispensers located near the sink and at the entrance to the room were used more frequently than dispensers at the rear of the room.
- 3 Perform a work-flow study to see where the “high-traffic” areas of the room are as well as where healthcare workers are standing when one of the 5 moments occurs.
- 4 In addition to high traffic, take extra care to see where healthcare workers move between patients.



Nurse station

- 1 An observational study showed that dispensers located at the nursing station were used more frequently than dispensers placed on the wall behind patient beds.
- 2 Place dispensers in walking corridors for use on the go.

Long Term Care

Entrance/Administration areas/Pharmacy

- Provide hospital staff, care workers and visitors with hand hygiene products in key areas to encourage compliance which helps reduce cross-contamination.



560000	Tork Liquid and Spray Soap Dispenser	Certified effortless cleaning and intuitive refilling saves time
420103	Tork Alcohol Gel Hand Sanitiser	Effective against a variety of problem organisms - conforms with EN 1500, EN 12791 and EN 14476**
511060	Tork Hygiene Floor stand	The Tork Hygiene Stand helps improve hygiene in public spaces

Washrooms

- Maintaining high hygiene standards within the care home by providing products that are effective and efficient.



560000 420701	Tork Liquid and Spray Soap Dispenser Tork Extra Mild Liquid Soap	Proven Easy to use design by third party certificate - promotes good hand hygiene for all users
682000	Tork SmartOne® Twin Mini Toilet Roll Dispenser	Hygienic: only touch the sheet being used
552550	Tork PeakServe® Mini Continuous™ Hand Towel Dispenser	High capacity: less maintenance and reduced risk of paper shortage

Residential Rooms

- Ensuring hygiene products are readily available and easy to use for patients and healthcare workers.



558040	Tork Coreless Mid-Size Toilet Roll Dispenser	Easy to refill: less maintenance
552550	Tork PeakServe® Mini Continuous™ Hand Towel Dispenser	High capacity: less maintenance and reduced risk of paper shortage
560000 420701	Tork Liquid and Spray Soap Dispenser Tork Extra Mild Liquid Soap	Proven Easy to use design by third party certificate - promotes good hand hygiene for all users, even children and elderly

Kitchens/Dining Rooms

- Meeting expected high hygiene standards within the kitchen and dining area with Tork products and solutions.



552550	Tork PeakServe® Mini Continuous™ Hand Towel Dispenser	High capacity: less maintenance and reduced risk of paper shortage
561600	Tork Foam Dispenser – with Intuition™ sensor	Proven easy to use design by third party certificate - promotes good hand hygiene
520800	Tork Antimicrobial Foam Soap	Effective against a variety of problem organisms - conforms to EN 1499
473180	Tork Reflex™ Single Sheet Centrefeed Dispenser	Reduce cross contamination risks because users only touch what they use

Get in touch

Join millions of people already using Tork products every day.

Use biocides safely. Always read the label and product information before use.



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Short Term Care

Entrances/Corridors/Public Areas/Washrooms

- Providing healthcare workers, visitors and patients with key products and solutions to help maintain high hygiene standards throughout the hospital.



560000 420701	Tork Liquid and Spray Soap Dispenser & Extra Mild Liquid Soap	Certified effortless cleaning and intuitive refilling saves time
511060 420103	Tork Hygiene Floor stand Tork Alcohol Gel Hand Sanitiser	The Tork Hygiene Stand helps improve hygiene in public spaces - conforms with EN 1500, EN 12791 and EN 14476**
552550	Tork PeakServe® Mini Continuous™ Hand Towel Dispenser	Top up with hand towels when it suits you. More flexibility means more time to clean, also available in higher capacity dispenser
682000	Tork SmartOne® Twin Mini Toilet Roll Dispenser	Hygienic: only touch the sheet being used
472193	Tork SmartOne® Mini Toilet Roll	Quick disintegration and reduced consumption; minimises risk of pipe blockages

Nurses stations/Patient Wards (without private washroom)

- Encouraging hand hygiene compliance with appropriately placed dispensers and product to help reduce healthcare associated infections (HAI).



511050 511103	Bed Bracket for Tork Alcohol Gel Hand Sanitiser	Helps increase hand hygiene compliance with sanitiser products always available
560000 420701	Tork Liquid and Spray Soap Dispenser & Extra Mild Liquid Soap	Proven Easy to use design by third party certificate - promotes good hand hygiene for all users
552550	Tork PeakServe® Mini Continuous™ Hand Towel Dispenser	Extra slim design: Attractive and space saving

Kitchens/Restaurants/Cafeterias

- Providing hospital staff, patients and visitors with Tork products to help improve hygiene in public places.



272900	Tork Xpressnap Fit® Tabletop Napkin Dispenser	A full size napkin is folded to fit the small footprint dispenser
511060 420103	Tork Hygiene Floor stand Tork Alcohol Gel Hand Sanitiser	The Tork Hygiene Stand helps improve hygiene in public spaces Conforms with EN 1500, EN 12791 and EN 14476**
473188	Tork Reflex™ Portable Centrefeed Dispenser System	Improve overall hygiene due to easy cleaning
194450	Tork Coloured Long-lasting Cleaning Cloth - Blue	Also Available in Red, Green and Yellow
437263	Tork Reflex™ Wiping Paper Plus	Multipurpose - handles general wiping tasks that require strength and absorbency
473178	Tork Kitchen Cleaning Cloth	Heavy-Duty design protects your hands from heat

Get in touch

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