



Bare Below the Elbows (BBE) in Aged Care

Quiz is to be used in conjunction with the Toolbox Education Session for Residential Care and Toolbox Education Session for Home Care.

Quiz

1. What is the main purpose of Bare Below the Elbows (BBE)?

- A. To improve staff appearance
 - B. To support effective hand hygiene and reduce infection risk
 - C. To standardise uniforms
 - D. To reduce laundry costs
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2. During which activity is BBE most important?

- A. Staff meetings
 - B. Administrative work
 - C. Direct resident care
 - D. Meal breaks
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3. True or False

BBE is intended to support infection prevention and control practices.

- True
 - False
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4. Which item is most likely to interfere with effective hand hygiene?

- A. Name badge
- B. Wristwatch
- C. Closed shoes
- D. Hair tie





5. What should occur if a staff member wears a religious or cultural wrist item?

- A. Immediate disciplinary action
- B. Automatic permanent removal
- C. Respectful discussion and risk assessment
- D. Ignore the issue completely

6. Which is an example of a practical culturally safe solution?

- A. Refusing all flexibility requests
- B. Layered clothing with sleeves adjusted during direct care
- C. Avoiding conversations about cultural needs
- D. Excluding staff from care duties permanently

7. True or False

Hand hygiene remains the single most important infection prevention measure in aged care.

- True
- False

8. When may stricter BBE practices be required?

- A. During outbreaks or wound care
- B. During annual leave
- C. During computer training
- D. During lunch breaks

9. What is the best approach to BBE in aged care?

- A. Strict enforcement with no flexibility
 - B. Ignore BBE completely
 - C. Risk-based implementation that supports both IPC and cultural safety
 - D. Apply only during audits
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10. True or False

Cultural and religious practices should be considered alongside resident safety and IPC requirements.

True

False





Answer Sheet

1. **B**
2. **C**
3. **True**
4. **B**
5. **C**
6. **B**
7. **True**
8. **A**
9. **C**
10. **True**

Scoring:

- 6–7 correct: Excellent
- 4–5 correct: Review key principles
- <4 correct: Refresher education recommended

Endorsement /Approval

Version	Date	Addition/Amendments	Author	Review By
1.0	July 2026	New Resource	C. Spinks ACIPC IPC CNC, ACIPC Aged Care Working Group	Advancing IPC Practice and Standards Committee

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