

Hainault Health Clinic — Comprehensive Cleaning & Hygiene Policy

1. Purpose & Scope

This Cleaning & Hygiene Policy outlines the mandatory infection-prevention, cleaning, and sanitation standards at Hainault Health Clinic. It applies to all staff, contractors, therapists, and practitioners working within the clinic environment. The policy aligns with:

- UK Health & Safety Executive (HSE) standards
- Local council clinical hygiene expectations
- Complementary Medical Association (CMA) Hygiene & Clinical Environment Standards
- Industry best practices for cupping (hijama), massage, and complementary therapy settings

The objective is to maintain a safe, hygienic, and compliant environment that protects both clients and practitioners from infection and cross-contamination.

2. CMA-Aligned Clinic Environment Standards

The CMA sets strict expectations for clinical environments. Hainault Health Clinic adopts and applies these as follows:

2.1 Cleanliness of Premises

- All areas must be kept visibly clean, odour-free, and well-maintained.
- Cleaning schedules must be carried out daily, with additional treatment-room cleaning performed between every client.
- Floors must be disinfected using approved detergents at least once per day, or more frequently during busy periods.

2.2 Ventilation

- Treatment rooms must be well-ventilated with natural airflow or mechanical ventilation systems.
- Rooms must be aired between clients whenever possible.

2.3 Lighting & Layout

- Sufficient lighting must be available to allow practitioners to carry out treatments safely.
- Rooms must remain organised, uncluttered, and free from unnecessary equipment to support efficient cleaning.

3. Hand Hygiene & Personal Cleanliness

All staff must comply with CMA and HSE hand-hygiene requirements:

- Hands must be washed before and after each treatment using liquid antibacterial soap.
- Hands must be washed after contact with bodily fluids, contaminated materials, or waste.
- Fingernails must be short and free from polish, acrylics, or gel coatings.
- Practitioners must maintain a high standard of personal hygiene and wear clean clinic-appropriate clothing.

- Gloves must be worn when performing wet cupping or when contact with blood is possible.

4. Treatment Room Cleaning Standards

4.1 Between Each Client

- Treatment couches, pillows, and face cradles must be wiped with medical-grade disinfectant.
- Couch roll must be replaced after every client.
- All tools and equipment used must be cleaned, disinfected, or disposed of as appropriate.
- Floors must be spot-cleaned if any contamination occurs.

4.2 Daily Cleaning

- Floors, skirting boards, and sinks cleaned and disinfected.
- High-touch points such as door handles, light switches, treatment knobs, and taps wiped with disinfectant.

4.3 Weekly Deep Cleaning

- Storage cupboards cleaned and reorganized.
- All equipment inspected for wear, cleanliness, and maintenance.
- Windows, blinds, and ventilation grills cleaned.

5. Equipment Cleaning & Sterilisation

This section ensures alignment with CMA equipment hygiene standards.

5.1 Cupping Equipment

- Disposable cups must be used whenever possible.
- Reusable glass or polycarbonate cups must be:
 1. Cleaned with hot water and detergent
 2. Rinsed thoroughly
 3. Disinfected using approved sterilising solution
 4. Air-dried in a clean, dust-free area

5.2 Blades & Sharps (Wet Cupping)

- Absolutely all blades must be single-use and must be disposed of in a sharps container immediately after use.

5.3 Massage Equipment

- Oils, gels, and balms must be dispensed in pump or squeeze bottles.
- Towels must never be double-dipped into containers.

6. Linen & Laundry Policy

- All towels, sheets, robes, and coverings must be replaced for every client.
- Linens must be washed at 60°C or higher with appropriate detergent.
- Clean and used laundry must always be stored separately.

7. Waste Disposal & Sharps Management

- Sharps must be disposed of in a certified yellow-lid sharps bin.
- Clinical waste (blood-contaminated materials) must be placed in orange or yellow clinical waste bags.
- General waste must remain separate and collected daily.

8. Practitioner Health Standards

- Practitioners should not treat clients when sick, contagious, or showing symptoms of infection.
- All cuts on hands must be covered with waterproof dressings.
- Practitioners must maintain up-to-date training on infection control, including annual refreshers.

9. Record Keeping & Documentation

- A cleaning log must be maintained and signed daily.
- Equipment sterilisation logs must be updated after each cleaning cycle.
- Incident reports must be completed if contamination or injury occurs.

10. Review & Compliance Monitoring

- The clinic manager must review this policy annually.
- Staff must be retrained when updated guidelines are released by health authorities or the CMA.
- The clinic must remain audit-ready at all times.

Hainault Health Clinic is committed to maintaining the highest hygiene and client care standards as recognised by the Complementary Medical Association and UK regulatory bodies.